



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

June 2023- Edition 46

Word from the Chair

May has been a busy month for me building contacts with people and organisations out in the districts and places who are ready to work with us, including, for example, Carers Voice locality meetings which match the Integrated Care Board (ICB) places. The highlight was PositiviTea, an initiative by North Norfolk district council to bring local government services and voluntary organisations together in individual towns to show local people who live there what is available for them. Janine and I attended four of them. It was fascinating to see the range of services and activities available and also the difference between towns. It has confirmed that our approach of basing our work on market towns and their surrounding areas is the right one. A big thank you to Catherine Van Battum and her team for inviting us.

There is a part of the Partnership's work that I haven't said much about until now other than to acknowledge its existence – updating our strategy, 'Living Longer Living Well'. We need to start work now as it will be nearly three years out of date by the time we have completed the revision. Some people have described the document, rather unkindly, as a wish list but to me it's very much about things that need to be in place and working, and / or to be monitored, for older people to be able to live independently and well.

The reason I've hesitated to do anything until now has been the lack of clarity about the way that the ICB, the five places and the eight districts would work together with the voluntary, community and social enterprise sector in Norfolk and Waveney. Now, however, priorities are being set at the three levels, some of them national and others to

meet much more local needs. This will make it easier to set our own objectives and identify lead agencies.

We would normally start with workshops on priorities and objectives at our December meeting and complete the strategy by March but given the amount of effort that is likely to be needed to revise the strategy completely I would like to start work now with checking the priorities and identifying people who would like to get involved. To remind you, the priorities are: Information and Advice; Transport and Access to Services; Housing; Loneliness and Isolation; Integration of Health and Social Care; and End of Life Care. In addition, there are more that people have raised in the past which are cross-cutting and should be considered at this point – Dementia, Mental Health and Carers.

And finally, the Integrated Care System has very recently started an Ageing Well programme. Its aspirations are to design, then deliver services: to wrap around our older people, and to meet their needs as close to home and as early as possible; to improve the quality of life for older people living in Norfolk and Waveney; and to reduce inequalities for older people living in Norfolk and Waveney so that all of our residents have the same healthy life expectancy as those living in the most affluent areas. They intend to work with older people to design and deliver the services: that matter most to them; to best support them to live happy, healthy lives; to enable them to live as independently as possible; and to help them to age well. David and I attended the first workshop on 23 May and are watching how the initiative will progress with interest.

Best wishes

Mary Ledgard

Interim chair

Norfolk Older People's Strategic Partnership

Health articles

Norfolk and National-

- Hop on the WOW bus
- Health coaching
- Psychological wellbeing support for people affected by cancer
- NHS Health checks

Norwich-

- Norfolk and Waveney ICS Stakeholder updates-
"We have listened" - NHS Norfolk and Waveney recommends keeping Norwich
Walk-in Centre open

East Norfolk-

- New ward at James Paget hospital

Activities and events

Norfolk and National-

- Empowering Communities Training
- Bereavement cafes
- June Online Book Group
- National Centre for Domestic Violence- free 1 hr training
- Caring Together webinars
- Wellbeing updates
- TCV- The Conservation Volunteers
- Unpaid Carers and Safety webinar

Norwich-

- Open Gardens 2023- Horrible Histories day
- Home Instead- Free Family Dementia training
- LGBT+ library events
- Carers Information Day
- Clarion Futures-
Emergency First aid at work
Get Online
- Age UK Norwich-
Information and Advice events

Activities planner

Friends of Age UK Norwich

South Norfolk-

- Autism Cafés
- Wymondham- Help with Maths

Breckland-

- Art Drop In
- Thetford library- Poetry workshop
- Age UK Norfolk- Volunteer Open Day
- Creative Arts East- 'Creative Socials' monthly workshops

Broadland-

- BOPP AGM

East Norfolk-

- Centre 81
- Great Yarmouth Jobs fair
- Creative Arts East- 'Creative Socials' monthly workshops
- Wellbeing Event

North Norfolk-

- LGBT+ library event
- Cromer library- Poetry workshop
- Stalham Men's Shed
- SWAN- Supporting Women and Activities Network
- Stalham Community Gym
- North Walsham Women's Wellness
- North Walsham Good Neighbours scheme
- North Norfolk Volunteer hub
- Cameo Café- North Walsham Dementia Support group
- National Lottery Community Fund

West Norfolk-

- King's Lynn library- Poetry workshop
- Creative Arts East- 'Creative Socials' monthly workshops
- Wellbeing Drop-ins

Information and advice

Norfolk and National-

- Cancer Connect: Device Gifting for people affected by cancer
- ERS Medical- Patient Transport Services (PTS)
- Norfolk County Council transport information-
Find Your Transport
Public Transport Accessibility
- Government extends £2 bus fare cap and protects vital services
- Recovery College
- Library apps
- Making Reading Accessible to All
- Bounce and Rhyme volunteers needed
- Vision Norfolk
- Compassionate Communities: Civic Charter
- Shaw Trust- Ask SARA
- Norfolk Warm homes programme
- RSPCA- The cost of living crisis
- Independent Living news
- The Big Bike revival
- Age UK Norfolk-
Volunteers needed
Travel Companions
- Centre For Ageing Better-
What needs to change to give everyone the chance to live in a good home?
Why we need to change how we talk about ageing
- Bladder & Bowel Community- Just Can't Wait Toilet card
- Disability Rights UK- RADAR key scheme
- NIHCSS- Norfolk Integrated Housing and Community Support Service
- GOLD- Guidance for the Older Driver
- Skills for Health survey

Norwich-

- Age UK Norwich survey
- Public Consultation on Green Spaces in Greater Norwich

South Norfolk-

- Bin collections app
- South Help hub
- Wymondham Shed
- Wymondham and Attleborough Talking newspaper

Breckland-

- Christians Against Poverty Debt centre

East Norfolk-

- Carer Support Nurse
- Exercise Referral scheme

North Norfolk-

- North Walsham Community Network

Spotlight on Tombland

Norfolk Older People's Strategic Partnership (NOPSP) meeting

Thursday 22nd June 2023

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

This meeting is open to the public

Agenda

0930 am Tea and coffee on arrival

1000 am Welcome and housekeeping

1015 am Dan Skipper, CEO of Age UK Norwich, will be talking about the Later Life Network, followed by questions

1100 am Comfort break

1115 am Niki Park, Head of Passenger Transport at Norfolk County Council, will be talking about transport, the Bus Service Improvement Plan, and the drop in concessionary pass holder journeys post Covid-19.

1210 pm Comfort break

1225 pm Mary Ledgard, interim chair of NOPSP, will give an update on developing the partnership and plans for revising Living Longer Living Well

1300 pm Close and sandwich lunch

1330 pm Meeting end

RSVP to nospb@aol.co.uk if you would like to attend

Health

Norfolk and National

Hop on the WOW bus

Don't miss your chance to hop on board the WOW Bus. Over the coming weeks, the WOW bus will be traveling for miles across Norfolk and Waveney to support those who need extra help with their health and care. Services that are currently offered on the bus will vary between vaccinations, screening along with health and financial advice.

The WOW bus is supported by partner organisations across the ICS, including NHS Norfolk and Waveney, Norfolk County Council, the Voluntary, Community and Social Enterprise Sector and others. If you see the WOW bus, make sure you hop onboard!

The latest timetable as follows:

2 June – Social Supermarket 65 Hall Road, Norwich, NR1 3HL, 10am-3pm

6 June – Sainsbury's Supermarkets Ltd, St Nicholas Road, Great Yarmouth, NR30 1NN
10am-3pm CGL 10am-2pm

8 June – Fakenham Market place, 10am-3pm

19 June – Harford Bridge Tesco Ipswich Rd, Norwich NR4 6DZ, 10am-3pm

21 June – Morrisons, Holt Road, Cromer, NR27 9SW, 10am – 3pm

28 June – Tesco Extra Hardwick Rd, King's Lynn PE30 4N6th July – Fakenham Market place, 10am-3pm



Come and visit for: **COVID-19 Vaccination | C-card scheme | Chlamydia self screening kits | HIV screening kits | NHS health checks| social prescribing | CGL**

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

Health Coaching

Surgery recovery, Weight management, Falls prevention Condition management, Waiting list health

We provide personalised Health Coaching by a qualified physical health instructor to support people to recover from illness and injury, weight management or general condition management for physical and/or mental health.

What is Health Coaching?

- Weekly physical activity sessions for 10 weeks within the patient's home, garden or online with a qualified coach.
- Personalised sessions balanced to the patient's ability, interests or recovery goals (i.e., strength & balance, mobility & flexibility, heart & lungs etc).
- Health diary to track how the patient feels and tips on how they can age healthy.
- Development of trusting relationship to help patients set their health goals and enable change.
- Support for patients to find local opportunities for ongoing self-care (i.e., activity clubs, food, smoking cessation, weight management etc).

We can support:

- Aged 50+
- Hospital discharge
- Pre-treatment waiting lists
- Treatment recovery & reablement
- Recovery from hospital acquired deconditioning

community.support@ageuknorwich.org.uk

01603 397802

www.ageuknorwich.org.uk



or via **Vera**, our online auto assistant.

Just click the icon on the bottom of our website and select 'Health/ Care Professional' and leave the relevant details.

Psychological wellbeing support for people affected by cancer

There is a range of support and information for people affected by cancer within Norfolk and Waveney. You are not alone.

The services below are free to use and are aimed at supporting your psychological wellbeing and can provide advice, help and guidance.

Cancer wellbeing and support walk-in centres

Big C Centres & Hubs

Cromer, Thetford, Great Yarmouth, Norwich, King's Lynn and Wells-next-the-Sea (and an outreach at The Pear Tree Centre)

0800 092 7640

<https://big-c.co.uk>

North Norfolk Macmillan Cancer Support Centre

01603 641559

Cancer Wellbeing & Support Centre

(incl. Macmillan Information Support Service)

The Queen Elizabeth Hospital King's Lynn

01553 214547 / 01553 613985

Macmillan Information and Support Pod

Norfolk & Norwich University Hospital

01603 647717

The Louise Hamilton Centre

James Paget University Hospital

01493 452783

The Pear Tree Centre

Halesworth

01986 899655

Macmillan Cancer Care Navigators

Support for people affected by cancer from diagnosis, throughout treatment and beyond, including signposting to local support services.

James Paget University Hospital

01493 452783

Norfolk & Norwich University Hospitals

01603 647175

The Queen Elizabeth Hospital King's Lynn

01553 214610

Other Cancer Support Services

Macmillan Cancer Support

0808 239 5065

<https://macmillan.org.uk>

NHS Talking Therapies- The Wellbeing Service

0300 123 1503

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

For more information visit:
improvinglivesnw.org.uk/cancer





Aged 40-74? Find out about your **FREE** NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



SCAN ME

**NHS
HEALTH
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Call **0808 175 0413** or visit
norfolkhealthchecks.reedwellbeing.com

In partnership with **Reed Wellbeing**



Norwich

Norfolk and Waveney ICS Stakeholder updates

"We have listened" - NHS Norfolk and Waveney recommends keeping Norwich Walk-in Centre open

Health bosses at NHS Norfolk and Waveney have listened to feedback provided by local people about the future of the Norwich Walk-in Centre and are recommending it stays open. The news comes as the organisation publishes the report into findings from the General Practice Services in Norwich consultation. NHS Norfolk and Waveney consulted on plans for general practice services in the Norwich area when the contract for the Norwich Walk-in Centre, Vulnerable Adults Service – Inclusion Health Hub and GP Practice at Rouen Road expires in March 2024. Feedback received from members of the public who completed the survey and the stakeholders potentially affected by the change (including healthcare and local authorities) strongly indicated the desire for the Walk-in Centre to remain open. Taking this into account, as well as the wider landscape of primary care provision in Norfolk and Waveney, NHS Norfolk and Waveney is recommending that the Walk-in Centre remains open and that a new contract for these services (the Walk-in Centre, Vulnerable Adults Service – Inclusion Health Hub and GP Practice at Rouen Road) is commissioned when the current one expires in March 2024 (Option 1 in the consultation).



The final report summarising the responses and feedback received is now ready for publication. It can be downloaded below-

<https://improvinglivesnw.org.uk/~documents/route%3A/download/616/>

East Norfolk

New ward at James Paget hospital

An innovative new ward at the James Paget University Hospital NHS Foundation Trust will open to its first patients soon. A new, state of the art 'Concept Ward' providing a blueprint for how inpatients will receive care when a new hospital is built at Gorleston within the next ten years will open its doors to patients next month.

The ward, located to the north of the current hospital site, will have 20 single en-suite bedrooms, giving patients, their families and carers additional privacy and a quieter environment for their care. Also included will be two four-bed bays, a day room, garden area and staff rest room.

The concept ward has been designed following extensive engagement with both clinical and non-clinical teams at the hospital.



www.improvinglivesnw.org.uk

Activities

and

events



Empowering Communities Training

DBS Eligibility Workshop

Working with Adults

This free on-line session for Norfolk based voluntary, community and social enterprise organisations, is delivered by the Regional Adviser for the Disclosure and Barring Service and CAN - part of Empowering Communities Partnership.

This session covers:

- What level of check a role may be eligible for
 - What each level of checks shows
 - Filtering rules
- What is regulated activity with adults (and children) –
 - The update service

Time: 2pm – 3:30pm

Date: 6th June 2023

To book a place please email
jackie.cushing@communityactionnorfolk.org.uk

Please let us know if you have any learning requirements when you book.

Bereavement Cafés



Informal friendship groups for bereaved adults.

**A space to support each other and find
information about other services.**

Costessey Library - Mondays 5.30-6.30pm

Cromer Library - Tuesdays 12.00 - 1.00pm

Hunstanton Library - Tuesdays 2.00-3.00pm

Gaywood Library –Thursdays 11.00 –12.00pm

Dereham Library –Thursdays 11.30-1.00pm

Downham Library –Thursdays 12.30 –1.30pm

Holt Library - 3rd Monday of the month 2.00-3.30

June Online Book Group

The book club choice for June is Kate Atkinson's 'Shrines of Gaiety', described as 'a heady brew of crime, romance and satire set amid the sordid glitz of London nightlife in the 1920s'- <https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/BIBENQ?SETLVL&BRN=1692283>

If you'd like to join the chat on Wednesday 28 June at 8pm, please email libraries.iconnect@norfolk.gov.uk and they will send you a Zoom invite.

National Centre for Domestic Violence- free 1 hr training



Time to Refresh your Knowledge? Domestic Abuse & Civil Protection Orders

**Our FREE 1-hr training makes it easy for you and your whole team.
Learn, refresh, gain confidence, know when and how to refer.**

What FREE training includes;

- **In-person at your premises, or join a remote 1-hr session.**
- Learn about Non-Molestation, Occupation and Prohibited Steps Orders.
- How we help those who are eligible AND ineligible for Legal Aid.
- The journey from referral to order served.
- How we keep you (the referrer) updated throughout.
- Our quick and easy Referral App or fast online portal
- How ASSIST helps police to track and manage Civil Orders

Yes - it really takes less than hour!

Above are some of the areas we cover in our free training. We give you all of the information you need with minimum fuss in line with the Domestic Abuse Act 2021. We can deliver in person at your offices or remotely via a live and interactive video conferencing session. Individuals can join our remote multi-agency training sessions. Our training is specifically designed for police and those who work with victims and survivors of domestic abuse.

About NCDV

NCDV is for EVERYONE. We are a CIC (Community Interest Company) which means we exist to benefit victims and survivors of domestic abuse. Funds are reinvested to help future victims and further our mission of making domestic abuse socially unacceptable. Our service users come first and are at the heart of everything we do.

Our Service-User Charging Policy

We have never charged a victim for the work we do and we never will. Those who don't qualify for Legal Aid will have all alternative options explained. If they want to secure the services of a solicitor this may involve making a contribution in line with the Legal Aid framework, or they may opt to self-represent, known as becoming a Litigant in Person. We assist Litigant in Persons by coaching them through the court process and preparing their statement and all documentation for court completely free of charge.

Why NCDV?

We are the largest provider in England offering these services to victims and survivors. We have an extensive network of panel solicitors based around the country who are happy to work in collaboration with us. Just like you, we want to help as many people as possible this winter, but we can only do this by working with you. We're not asking you to favour us above other services, but to make people aware that we're an option – and a good option.

How to register

For more information please register your interest at <https://www.ncdv.org.uk/domestic-violence-training/> its only 6 questions and a click to get started. We will contact you back to discuss your specific requirements and confirm a date.

Still have questions? Why not chat to our National Training Manager who can tell you more about NCDV and our free training? Contact Charlotte Woodward at charlotte.woodward@ncdv.org.uk



Carer Friendly Tick Award webinars

7-9 June 2023

Free sessions to help you recognise and support unpaid carers

- 7 June** Healthcare providers such as hospitals, GP surgeries and community health teams.
- 8 June** Community groups or organisations, such as libraries, youth groups and charities.
- 9 June** Employers who want to support members of their workforce that have a caring role outside of their paid job.

For more information and booking please see caringtogether.org/events



Community Socials June 2023

<i>Date & Time...</i>	<i>Event...</i>	<i>Location...</i>
Thu 1st 12:00	Allotment & Gardening Group	Lowestoft
Mon 5th 13:30	Virtual Café	Online
Tue 6th 10:00	Running Group	Eaton Park, Norwich
Tue 6th 12:00	Halesworth Volunteers Social	Chinny's Sports Bar
Tue 6th 17:30	LGBT+ Support Group	REST, King's Lynn
Thu 8th 10:30	*New* Coffee & Catch up Norwich	Merchant's House Cafe
Thu 8th 12:00	Allotment & Gardening Group	Lowestoft
Fri 9th 10:30	Coffee & Catch up – Dersingham	Thaxter's Cafe
Mon 12th 17:30	Coffee & Catch up – King's Lynn	Starbucks Southgates
Tue 13th 10:00	Running Group	Eaton Park, Norwich
Tue 13th 10:30	*New* Wellbeing Drop In @ REST	REST Downham Market
Wed 14th 18:00	Crosswords Together	Online
Thu 15th 12:00	Allotment & Gardening Group	Lowestoft
Fri 16th 14:00	*New* Wellbeing Drop In @ REST	Heacham
Mon 19th 13:30	Virtual Café	Online
Tue 20th 10:00	Running Group	Eaton Park, Norwich
Thu 22nd 12:00	Allotment & Gardening Group	Lowestoft
Fri 23rd 15:00	Wellbeing Drop in @ REST	King's Lynn

Week 1

Week 2

Week 3

Week 4



Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocia1

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

Sign Up!



Community Socials June 2023

Socials continued...

Date & Time...	Event...	Location...
Tue 27th 10:00	Running Group	Eaton Park, Norwich
Tue 27th 13:00	Mindful Colouring with Realise Futures <i>(booking required)</i>	Lowestoft Library
Tue 27th 15:00	Mindful Colouring <i>(booking required)</i>	REST Norwich
Wed 28th 18:00	Quiz	Online
Thu 29th 12:00	Allotment & Gardening 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/ha9niT>
Full details and access to virtual socials [via our website](#).

Any questions? Contact us at socials@wellbeingnandw.co.uk



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

 twitter.com/WellbeingSocial1

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

Sign Up!



Wellbeing Walks – June 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!

- **Waterloo Park, Norwich – Thu 1st June, 10:00**
Meeting at the Feed Café, Waterloo Park Pavilion, Norwich, NR3 3HX
- **Redwings Horse Sanctuary, Alysham – Fri 2nd June, 10:30**
Meeting at Spa Lane, Alysham, NR11 6UE
- **Diss – Tue 10th June, 10:30 – NEW!**
Meeting at Diss Town Sign, Diss Mere, Mere Street, Diss, IP22 4AD
- **Lowestoft Sea Front – Wed 7th June, 13:00**
Meeting by the Triton Statue - South Pier, Lowestoft, NR33 0AE
- **Cromer – Fri 9th June, 10:30**
Meeting in front of Cromer Pier, Cromer, NR27 9HE
- **Downham Market – Tue 13th June, 12:30 – NEW!**
Meeting at the Train Station, Downham Market, PE38 9EN
- **Wymondham – Fri 16th June, 10:30**
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Heacham Beach Walk – Fri 16th June, 12:30 – NEW!**
Meeting at REST Heacham, 4 Popular Avenue, PE31 7EA
- **Norwich – Mon 19th June, 10:30**
Meeting at the steps of City Hall, St Peter's Street, Norwich, NR2 1NH
- **Great Yarmouth – Wed 21st June, 10:30**
Meeting at The Boating Lake, near Munchies Café, North Drive, Great Yarmouth, NR30 4ET
- **Riverside King's Lynn – Fri 23rd June, 12:30**
Meeting behind The Customs House, 1 King St, King's Lynn, PE30 1ET
- **Thetford – Tue 27th June, 10:30**
Meeting at the Light Cinema, 17 Bridge Street, Thetford, IP24 3AE
- **Redwings Horse Sanctuary, Caldecott – Fri 30th June, 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!



Wellbeing Champion Online Training

Wednesday 21st June (11 am)

This FREE training is for anyone, but especially useful for organisations such as schools, businesses, charitable or community organisations. If you would like to increase your understanding about mental health and create a supportive and positive mental health environment where you live, work or volunteer, becoming a *Wellbeing Champion* may be for you! Easy to book via [Eventbrite](#) with new dates added regularly.

This training will last up to an hour and a half with a break, and there will be time for Q&A's after.

For more information please email:
socials@wellbeingnandw.co.uk



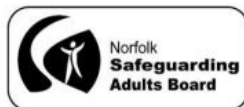


TCV- The Conservation Volunteers

Well, it's 'Flaming June' already, or certainly feels like it! This coming month sees TCV learning how to tell the age of hedgerow and trying out some more new tools and techniques: they will be using extendable rakes to restore the heathland soil profile at East Ruston, and specially designed ragwort forks to uproot noxious weed from Burgh Castle. They will also be among many environmental organisations attending a big event at the Forum - see [Norfolk's Healthy Environment Day \(explorenorfolkuk.co.uk\)](http://explorenorfolkuk.co.uk) for more details - as well as building more of the dead hedge maze in Costessey. The main theme of this month is definitely the beautiful Wensum Valley though, as they work in several locations from Reepham to Mile Cross as part of an exciting project to try to annihilate the invasive menace of Himalayan Balsam from the catchment.

There is something on almost every weekday, so whether you know someone who can join for just one day or for many, TCV will be very happy for them to join whenever they can.

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



Unpaid Carers and Safety

Webinar | Monday 5 June, 2-4pm

Celebrating Carers Week, we're looking at the invaluable role that carers play in the community, sometimes to the detriment of their own safety.

This webinar focuses on identifying the challenges a carer can face; keeping safe as an unpaid carer and top tips on what support is available for carers who are worried about their safety.



You can join this FREE webinar by [registering here](#). A link to the event will be sent out to you nearer the time so please **save the date** in your calendar.

[@NorfolkSAB](#)

norfolksafeguardingadultsboard.info/

Norwich

Open Gardens 2023- Horrible Histories day

HORRIBLE HISTORIES DAY

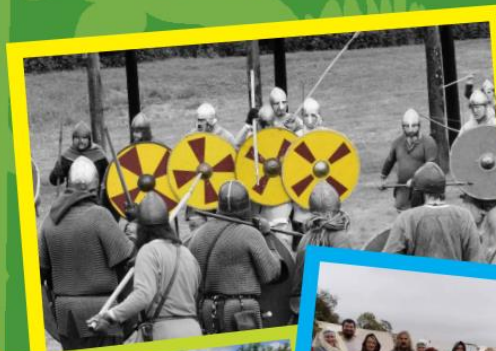
at ASSIST

**OPEN
GARDENS**

2023

**Saturday
June 3rd
11am - 3pm**

At Heath Gardens,
Hill Farm Allotments,
Sprowston Road,
Norwich, NR3 4HY



**Medieval re-enactments
from The Ordgar Vikings**

Plant Sale, BBQ, Craft Stalls,
Inclusive Sports Sessions, Ice cream,
Raffle & Tombola, Games,
Vikings Show & Tell,
Members Art Exhibition!

**ASSIST
TRUST**

Helping people achieve

FREE Family Dementia Training

Home Instead Norwich and Clapham & Collinge Solicitors are joining forces to provide free dementia training for family, friends and unpaid carers of those with dementia.

The training will cover the following areas:

- What is dementia?
- What are the symptoms and impact on behaviour?
- Planning ahead
- Tips and techniques for managing behaviours
- Activities to encourage engagement and wellbeing



Tuesday 20th June, 11-12:30



Clapham & Collinge Solicitors, St Catherines House, All Saints Green, Norwich, NR1 3GA

The training is free of charge and places are limited to provide an informal and relaxed environment.



TO BOOK
YOUR SLOT:



lauren.pashley@homeinsteadnorwich.co.uk



01603 482116

LGBT+ Library events



Archive Talk: Women on Women and Lesbian Line with Jojo and Lucy

Sat 10th June - 11am
Norfolk Heritage Centre, Second Floor,
Millennium Library



Norwich Clubs and Clubbing with Jules & Waggsie

Sat 8th July - 11am
Norfolk Heritage Centre, Second Floor,
Millennium Library

Everyone is welcome!

For further info, please contact: joanne.foster-murdoch@norfolk.gov.uk

borrow discover connect



 **Norfolk** County Council

CARE FOR CARERS

Carers Group Support Association

TOGETHER WE ARE STRONG



“Carers Information Day”

Organised by Care for Carers

with

Norfolk and Suffolk NHS Foundation Trust

at

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 5th June - 9.00am till 3.00pm

Come along, meet people who offer,
Help, Information, and Advice for:
Carers, Young Carers, Ex-Carers,
Older People and the Lonely.

* * * * *

For more information call:

Care for Carers - 0300 777 8880

or

Email: info@careforcarers.org.uk

www.careforcarers.org.uk

People requiring Norwich Door to Door community transport services,
call 01603 776735, or email bookings@norwichdoortodoor.org.uk
to book transport in advance of the event

Clarion Futures

Emergency First aid at work



Clarion Futures

Emergency First Aid at Work

Thursday 15th June

9.30am to 4.30pm

Norwich Central Baptist Church, Duke St, NR3 3AP

This course is suitable for anyone who might need to provide first aid to someone who is injured or becomes ill while at work. It will give you the skills and confidence to respond to a range of accidents and first aid emergencies you could encounter in the workplace. You will develop the practical skills to help someone who is: unresponsive and not breathing, including CPR and how to use an automated external defibrillator (AED), unresponsive and breathing, having a seizure, choking, bleeding heavily, suffering from shock or burns.

To book your place, please contact: Lisa Whatnall

Tel: 07770704740

e-mail: lisa.whatnall@clarionhq.com

**Transforming lives
and communities**



**CLARION
FUTURES**



Future skills

Get online with free digital skills support

Every Monday from 20th Feb, 11.00 - 1.00pm
REST Cafe, 71 Bethel Street, Norwich

Clarion Futures Digital Champions are here to help with topics such as:

- Using the internet to search and apply for jobs
- Internet browsing and staying safe online
- Using social media such as Facebook
- Shopping online and finding the best deals
- Writing and sending emails.

Please contact Eleanor on 07887 824646 or Eleanor.Sykes@clarionhg.com for more information

**Transforming lives
and communities**



**CLARION
FUTURES**

Free Drop In Sessions

Every Monday from 11.00 - 1.00pm

REST Cafe, 71 Bethel Street, Norwich, NR2 1NR

If you would like to learn more about computers, the internet and other digital technology then our Digital Champions can help you take the next step.

Our friendly group of trained volunteers can provide free one-to-one support that's tailored just for you.

So whether you want to improve your online skills or learn new ones, our Digital Champions are ready to help.

Feel free to come along to the sessions on Monday mornings, no need to book.

Please contact Eleanor Sykes at
Eleanor.Sykes@clarionhg.com or 07887
824646 for more information

**Transforming lives
and communities**



**CLARION
FUTURES**



Information and Advice events calendar

June 2023

Monday 5th

Puzzle 'n' Cake at The Boundary Pub 10:30 - 12:30 Aylsham Road

Come and join us for a chat over puzzles, cake and a hot drink. This is a monthly session ran by Age UK Norwich with an Information and Welfare Advisor on hand for any support or advice needed.

Tuesday 6th

Corton House Community Cafe 1:00 - 3:00 Jubilee Community Centre, Lakenham

One of our Advisors will be joining the Corton House team for their monthly Community Cafe, where they offer a free hot lunch, tea, coffee and biscuits. Whether it's for a social chat or to talk about something that is troubling you, please just pop along.

Friday 9th

The Shoebox Hub 10:00 - 12:00 21-23 Castle Meadow

A Community Hub with various events on throughout the week. Age UK Norwich will be providing Information and Advice to anyone that would like to drop in.

Friday 9th

The Phoenix Foodbank 10:00 - 12:00 Mile Cross Road

One of our Information and Welfare Advisors will be available at this location for anyone over 50 who needs Information or Advice. A private room is available for confidential discussions.

Monday 12th

Social Supermarket 10:00 - 12:00 The Feed, Hall Road

Age UK Norwich will be offering Information and Advice, with a private meeting room available for any confidential discussions.

Wednesday 14th

New Hope Community Cafe 12:00 - 14:00 Martineau Lane

One of our Advisors will be joining Community Action Norwich at the New Hope Community Cafe for anyone over 50 who needs Information or Advice. Norwich Food Bank can also be accessed here at this time.

Wednesday 14th

St George's Church Hot Spot 10:30 - 12:30 Colegate

Come along for a hot drink, cake and a chat, a very warm welcome awaits all. This warm spot is run weekly and will be attended on the 2nd Wednesday of each month by one of our Advisors.

Thursday 15th

Cuppa Care outside The Forum 10:00 - 3:00 Millenium Plain

Come and say 'hello' at the monthly Cuppa Care bus, located outside The Forum. Aiming to tackle loneliness and bring people together. Get out of the house, meet new people or chat about something that's worrying you.

Thursday 22nd

Pilling Park Community Centre 2:00 - 4:00 Pilling Park Road

This will be our first drop-in advice session at Pilling Park Community Centre. No need to book, just drop-in. Please don't worry in silence, our Information and Advice team are here to help.

Monday 26th

The Phoenix Community Cafe 11:00 - 14:00 Mile Cross Road

One of our Information and Welfare Advisors will be available at this location for anyone over 50 needing Information or Advice. A private room is available for confidential discussions.

Tuesday 27th

Earlham Library 11:00 - 12:00 Colmam Road

We will be joining Home Instead for their Key to Care Sessions. Come and have a chat with one of our Advisors or pick up an Information Guide on any number of subjects we offer Advice on.

Wednesday 28th

Social Supermarket 11:00 - 13:00 Russel Street Community Centre

One of our Information and Welfare Advisors will be joining the Social Supermarket for anyone over 50 needing Information or Advice.

Wednesday 28th

New Hope Community Cafe 12:00 - 14:00 Martineau Lane

One of our Advisors will be joining Community Action Norwich at the New Hope Community Cafe for anyone over 50 who needs Information or Advice. Norwich Food Bank can also be accessed here at this time.

Activities planner



Thursday (01/06)	Walk for Wellbeing	10:00	11:30	Waterloo Park pavilion, NR3 3HX
Thursday (01/06)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (01/06)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (01/06)	SIT-FIT – West Earlham	13:45	14:30	St Anne’s Crossroad, NR4 7HD
Thursday (01/06)	St Stephen’s Café	14:00	15:00	St Stephen’s Church, NR2 1QP
Friday (02/06)	Veteran’s Recall	10:30	12:00	Pilling Park Community Centre, NR1 1PA
Friday (02/06)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Week 2 – 5th June – 9th June				
Day	Group Name	Start Time	End Time	Location
Monday (05/06)	Puzzle N’ Cake	10:30	12:30	The Boundary Pub, NR3 2SA
Tuesday (06/06)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Aviva Way, NR7 9AT
Tuesday (06/06)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Wednesday (07/06)	Dance to Health - Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (07/06)	SIT-FIT – West Earlham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (07/06)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (07/06)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (08/06)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (08/06)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way. NR7 9AT
Thursday (08/06)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 1PA
Thursday (08/06)	SIT-FIT – West Earlham	13:45	14:30	St Anne’s Crossroad, NR4 7HD
Thursday (08/06)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (08/06)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 1PA
Friday (09/06)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

To book, please contact us on 01603 496 333
or activities@ageuknorwich.org.uk



Back our campaign to make Norwich an
Age Friendly City and join others making
this a priority.

Week 5 – 26th June – 30th June

Day	Group Name	Start Time	End Time	Location
Monday (26/06)	Phoenix Centre Lunch Club	12:00	14:00	The Phoenix Centre, NR3 2LD
Tuesday (27/06)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Aviva Way, NR7 9AT
Tuesday (27/06)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Wednesday (28/06)	Dance to Health – Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (28/06)	Coach & Horses Lunch Club	12:00	15:00	Coach & Horse, 51 Bethel Street, NR2 1NR
Wednesday (28/06)	SIT-FIT – West Earlham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (28/06)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (28/06)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (29/06)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (29/06)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (29/06)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (29/06)	SOTB Football Reminiscence	13:30	15:00	Carrow Road, 59ers Room, NR1 1JE
Thursday (29/06)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (29/06)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (29/06)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 1PA
Friday (30/06)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

We'll be at the Mile Cross Festival! Come down and enjoy the fun!



To book, please contact us on 01603 496 333 or activities@ageuknorwich.org.uk



Upcoming dates

Thursday 11th May 2023

Information and Advice

Thursday 15th June 2023

Information and Advice with Health Coaching Showcase

Thursday 13th July 2023

Information and Advice with Clubs and Trips Showcase

Thursday 17th August

Information and Advice with Volunteering Showcase

Monday 25th September

Information and Advice with Fundraising Showcase

Come join us at the Forum for a cup of tea and a chat!

Back our campaign to make Norwich an Age Friendly City and join others making this a priority.

		Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2023	week 1 29th - 2nd June			Community Coffee Morning White & Sterling Heath House 10:00 - 12:00 Community Cafe The Warren Care Home 14:00 - 16:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 2 5th - 9th	Phoenix Lunch Club Phoenix Centre 12:00 - 14:00 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	Corton House - Community Cafe Jubilee Community Centre 13:00 - 15:00 The Phoenix Lounge Phoenix Centre 12:00 - 14:00	Eaton Park Walk Meet at Eaton Park Community Centre 13:30 - 15:30 Eaton Film Club Eaton Park Community Centre 14:00 - 16:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00 Morrisons Wellbeing Cafe Morrisons, Riverside 11:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30
	week 3 12th - 16th	Knit & Natter Orchard Rooms 11:00 - 13:00 Phoenix Lunch Club Phoenix Centre 12:00 - 14:00	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* Be Active, Keep Moving Norman Centre 17:30 - 18:30	St Matthews - Cuppa, Care & Chat St Matthews Church 10:30 - 12:00 St George's Hotspot St's Georges Church 10:30 - 13:00	Sprowston Dementia Cafe Diamond Centre 10:00 - 12:00	Come Singing Earlham Library 11:15 - 12:15 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 4 19th - 23rd	Norwich City Centre Walk Meet at City Hall 10:30 - 11:30 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	Namco Funscape Bowling Bowthorpe 10:00 - 13:00 The Phoenix Lounge Phoenix Centre 12:00 - 14:00	Community Coffee Morning White & Sterling Heath House 10:00 - 12:00 The Norwich Out & About Club ChapelField Road Methodist Church 10:30	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 5 26th - 30th	Knit & Natter Orchard Rooms 11:00 - 13:00 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* Be Active, Keep Moving Norman Centre 17:30 - 18:30	St Matthews - Cuppa, Care & Chat St Matthews Church 10:30 - 12:00 St George's Hotspot St's Georges Church 10:30 - 13:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Seated Yoga for MS Harford Community Centre 12:30 - 13:30

*Pit Stop groups are for men only

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

South Norfolk
Autism Cafés-
Costessey



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.

**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
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



Help with Maths - Wymondham



**Fridays for four weeks from 23rd June to 14th July
10am to 12pm in Wymondham Library**

**Please join us for FREE Maths support and help. Whatever you need - for progressing or finding work, life skills or supporting children with homework - we can support you. No exams! Built around your needs! Whatever your level!
No need to book; just turn up and let us help.**

**www.norfolk.gov.uk/adultlearning
al.multiply@norfolk.gov.uk**

f @norfolkadultlearning

t @norfolklearn

ig @norfolk_adult_learning

ART DROP-IN

Paint the lonely away

Join us each month for a friendly and artsy morning, with some tea and coffee.

Connection matters. Join us in this free art drop in to express your feelings painting them away, and to meet some like minded people in a nice and welcoming environment. **No painting experience is required!**



**FIRST THURSDAY OF EVERY MONTH-
10:00 - 12:30**
SIGNPOST HOUSE AMBASSADOR WAY,
GREENS ROAD, DEREHAM NR20 3TL



No booking is required, but we encourage you to confirm your attendance at the email below.



If you would like to attend the workshop but have no access to transport, please get in touch and we might be able to provide it for you. If you have your own car, please park at Roy's (5 min walk away).

andrea.segura@communityactionnorfolk.org.uk

Thetford library- Poetry workshop

Join at Thetford Library for a workshop about families and seahorses with Gail McConnell on Saturday 10 June at 11am-2pm. Come along to hear stories and poems, talk about families that come in all shapes and sizes, think about seahorses and other creatures, and have a go at making some creaturely poems of your own.

Lunch is provided. Booking is essential. For more details and to book your place, visit

<https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/EVSESENQ?SETLVL&RNI=4290265>

Sat 10 June | 11am-2pm | Thetford Library



Seahorsing!

Families and
Creaturely Poems
Workshop

Join the poet **Gail McConnell** for stories and poems. We'll talk about families that come in all shapes and sizes, we'll think about seahorses and other creatures, and we'll make some creaturely poems of our own!
Adults, plus child (4-7)

Info and registration:
tinyurl.com/SeahorsingWorkshop



Seahorse cyanotype by Margo McNulty

British Archive for Contemporary Writing | UEA University of East Anglia | Mellon Foundation | Norfolk County Council | borrow discover connect



Join us for our
Volunteer Open Day

Visit our friendly team for a chat about volunteering at:
**Age UK Norfolk Furniture & More Store, 31 Yaxham
Road, Dereham, NR19 1HD**



Discover Age UK Norfolk's
voluntary roles and how
volunteering can:

- Teach you new skills
- Improve self confidence
- Help you meet new people
- Advance your career
- Help people in your community

BRECKLAND CREATIVE SOCIALS & AFTERNOON EVENTS

High-quality arts workshops, cinema screenings
and live performances for people aged 50+

FREE hot drink
and cake!



Upcoming Creative Socials...

Singing & Music Making with Tessa Wingate

Revisit songs from different eras and try out
different instruments too! All abilities welcome.

Thurs 11th May
Fri 12th May
Thurs 18th May
Fri 19th May

Attleborough Town Hall 1-3pm
Thetford Methodist Church 2-4pm
Watton Methodist Centre 2-4pm
Dereham Trinity Methodist Church 1-3pm



Creative Writing with Kathryn Simmonds

Join Kathryn and try some creative
writing inspired by springtime flowers!

Thurs 1st June
Thurs 8th June
Fri 9th June
Fri 16th June

Watton Methodist Centre 2-4pm
Attleborough Town Hall 1-3pm
Thetford Methodist Church 2-4pm
Dereham Trinity Methodist Church 1-3pm

Find out more overleaf...

Broadland
BOPP AGM

NATURAL HISTORY OF BROADLAND & BOPP AGM

2.00pm Friday 21st July 2023

Gage road Chapel Sprowston NR7 8BN

Every one Welcome



PROGRAMME

2.00 pm Meeting opens

2.00pm - 2.50pm Tony Leech: Broadland's Special Wildlife

2.50pm --3.10pm Comfort break Tea, Coffee & Biscuits

3.10 pm - 4.00pm Allan Archer: In a Rut

4.00pm BOPP AGM

4.30pm Meeting closes

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

East Norfolk



Centre 81

If you have a disability, look after someone with a disability or have a friend or relative with a condition that severely affects their life, you will know all about the daily struggle disability can bring. For 41 years Centre 81's Skills and Activities Centre has been a lifeline for disabled people and those who care for them. A fun place to meet and relax. Somewhere stimulating to learn new things. A safe haven in which they can be themselves.

Their former base in Tar Works Road was old and costly to maintain, so they began the search for somewhere more spacious, where they could provide disabled people with the high standard of facilities they deserved. That place was Yare House in Morton Peto Road, Great Yarmouth. Members, staff, and volunteers moved there in June 2022 and although not all the work had been completed were able to enjoy two larger spaces for activities and socialising than before, plus facilities such as a large catering kitchen, two members' kitchens and spacious wet rooms and bathrooms.

This new home in Great Yarmouth not only enables them to provide current members with modern facilities, but it also allows them to expand so that they can help more people with a disability, and those who care for them, to lead fuller, more active lives.

<https://www.centre81.co.uk/>

Jobs fair UPCOMING
EVENTS 2023

GREAT YARMOUTH

JOBS FAIR

 10AM - 12PM  07.06.2023

 Great Yarmouth Town Hall

#greatyarmouthjobsfair

FREE ENTRY & OPEN TO EVERYONE

**MEET FACE-TO-FACE WITH
20+ EXHIBITORS AT THE JOBS FAIR**

     TheJobFairs

thejobfairs.co.uk

GREAT YARMOUTH CREATIVE SOCIALS

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

Want to come along?

All events are free to attend!

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

Find out more...

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

FREE hot drink
and cake at
all events!



See what's coming
up overleaf!





JUNE

**Creative Writing with
Kathryn Simmonds**

Join Kathryn for a writing workshop taking inspiration from flowers and the natural world.

Tues 6th June

St George's Theatre Café, 1-3pm

Run by professional artists, sessions can be adapted for all abilities. Previous activities include Caribbean Dancing, Folk Singing, African Drumming, Creative Writing to name a few!

Find out more at
creativeartseast.co.uk

FUN | FRIENDLY | ADAPTABLE | INCLUSIVE

Wellbeing Event

For people
who are aged
50+

**NHS Wellbeing
MIND
Better Together
Disability Employment
Advisers**

**Come and See us!
WEDNESDAY 7th JUNE
10-12 pm
Great Yarmouth Jobcentre
The Conge, Great Yarmouth, NR30 1EJ**

**Multiply
Vision Norfolk
DIAL
National Careers Office
Family Advisers**



North Norfolk

LGBT+ library event

The logo for the Norfolk LGBT+ History Club is a stylized map of Norfolk, filled with the colors of the rainbow flag. The text 'Norfolk LGBT+ History Club' is written across the map in white. To the right of the map, the words 'Events' and 'May-July' are written in large, bold, pink letters.

Events
May-July

The poster for the 'Queering the pitch' event features a white flag with a rainbow border and the text 'PRIDE' at the top. In the center is the coat of arms of Norfolk, which includes a ship, a dragon, and a lion.

Queering the pitch - how life has changed for LGBTQ+ fans with Di Cunningham
Fri 30th June - 1.30pm for a 2pm start
Sheringham Library

Everyone is welcome!
For further info, please contact: joanne.foster-murdoch@norfolk.gov.uk

Cromer library- Poetry workshop

Examine the body as an archive with Joelle Taylor who will be exploring her work at Cromer Library on Wednesday 7 June at 6-9pm. Discover what aspects of ourselves we can find within, and what parts of our lives we want to vitrine and preserve.

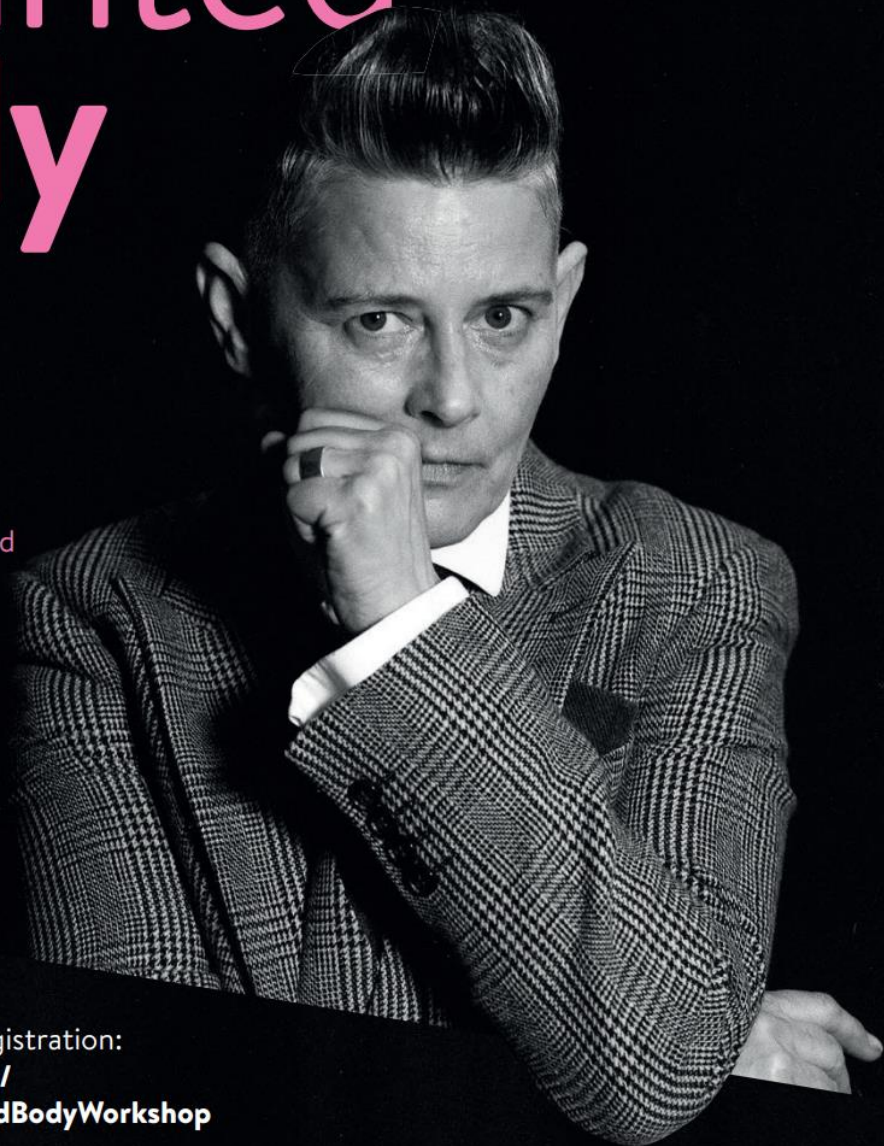
A free buffet is provided as part of the event. Booking is essential. For more details and to book your place, visit <https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/EVSESENQ?SETLVL&RNI=4298938>

Wed 7 June | 6-9pm | Cromer Library

The Haunted Body

A poetry
workshop with
Joelle Taylor

The body is an archive,
and has recorded each
flinch, kiss, slight, joy, and
major infraction since
birth. This workshop
examines Joelle's work,
asking what aspects of
ourselves we can find
within, and what parts
of our lives we want to
vitrine and preserve.



Info and registration:
[tinyurl.com/
TheHauntedBodyWorkshop](https://tinyurl.com/TheHauntedBodyWorkshop)

 British Archive for
Contemporary
Writing

 UEA
University of East Anglia

 Mellon
Foundation

 Norfolk
County Council

 borrow
discover
connect

Stalham Men's Shed



STALHAM MEN'S SHED

What is a Men's Shed?

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Sheds are whatever the members (or Sheddors as we call them) want them to be. Although labelled 'Sheds' they are houses, garages, and in at least one case, a disused mortuary. Some Sheds are purpose built workshops, but they rarely start out that way. Many don't have premises at all in the beginning and instead form a group that meets regularly for the social connection, company and camaraderie until they can find somewhere to kit out with tools. Many Sheds get involved in community projects too – restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed. Sheds typically attract older men, but many have younger members and women too. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members.

Why are they needed?

For a long time research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently we have seen more evidence come to light that shows loneliness and isolation can be as hazardous to our health as obesity and excessive smoking. Surveys from mental health charities are finding that millions of people report feeling lonely on a daily basis.

Men typically find it more difficult to build social connections than women and unlike women of a similar age, less older men have networks of friends and rarely share personal concerns about health and personal worries. It is not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. Men's Sheds can change all of that.

Sheds are about meeting like-minded people and having someone to share your worries with. They are about having fun, sharing skills and knowledge with like-minded people and gaining a renewed sense of purpose and belonging. As a by-product of all of that they reduce isolation and feelings of loneliness, they allow men to deal with mental health challenges more easily and remain independent, they rebuild communities and in many cases, they save men's lives.

Men's Sheds are vital.

STALHAM MEN'S SHED

Stalham Men's Shed started up on June 1st 2021. It was formed by the Club's Chairman Ray Woolston who, after looking for premises for over a year, decided to start up in a far from ideal shop premises at 54 High Street, Stalham. The opening should have happened in April 2020 but Covid caused the fourteen month delay. Ray had always said that taking on these small premises was so that the club could get established with a view to moving to larger premises when they became available. A grant of £6,000 was secured from North Norfolk District Council to purchase all the equipment and machinery that was required to start up. The size meant that initially only woodwork could be carried out and for safety reasons a maximum of only 4 people could work in the shed at any one time. At present we open Monday, Tuesday and Friday mornings from 9 a.m. – 1 p.m. Members get one four hour session a week on the day of their choice.

We will be moving to larger premises at 18 Moore's Yard, High Street, Stalham, NR12 9AN at the end of May 2023. The move allows space for more members to work at one time and we will be offering metalwork as well as woodwork and possibly electronics. We have at the moment a metal lathe, a welder, a large compressor and the promise of other metal work equipment including a plasma cutter being donated.

Commissions are undertaken and we have made numerous windmills, bird boxes, hedgehog boxes, owl boxes, bat boxes, planters, insect houses, a bespoke table for a disabled woman, a toy box for the YMCA in Norwich, weaving looms, cake boxes for the Town Council's Jubilee Trail and many other projects. Members have made things for themselves including a sideboard, 'dog' planter, a table, a toilet roll holder and many turned items. We have also been requested to repair for individuals many items including chairs, tables, etc. We can also up-cycle old furniture.

OPEN MORNING

As soon as we can after opening and hopefully by the end of June we will have on a Saturday morning between 9 a.m. and 12 noon an Open Morning where people can come along have a cup of tea/coffee and a chat and see our 'new' facilities. Details will be posted on Facebook and posters around town. With the move we will be reviewing our opening hours and hope to include at least one evening a week and possibly a Saturday if there is enough interest. If you would like more information or you have any questions you would like answered then please email us at stalhammensshed@gmail.com or give our Chairman Ray Woolston a call on 07437707213.



Are you lonely, depressed, isolated or stressed?

We offer women from local and isolated areas the opportunity to come together for friendship, support and creative activities

Also seated Zumba, Tai Chi and pottery

* * * * *

We meet each Wednesday 10.30am – 1.30pm
The Poppy Centre, Recreation Ground
Recreation Road, Stalham, NR12 9BH

1st Session Free – Come and have a tea and chat

* * * * *

For more information call 07752 624913

A warm welcome awaits!



**NORTH
NORFOLK
DISTRICT
COUNCIL**



WELL EQUIPPED
FULL INDUCTION
QUALIFIED TRAINERS
ALL AGES AND ABILITIES
WELCOMING
GREAT COMMUNITY
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www.stalhamcommunitygym.co.uk
stalhamcommunitygym@gmail.com
Or find us on Facebook

CLASSES INCLUDING:
BOXING FIT
CIRCUITS
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**Health and
Wellbeing
For All**

ADULT MEMBERSHIP

£25/MONTH

UNDER 18 MEMBERSHIP

£15/ MONTH

**At the Poppy Centre
Recreation Ground
Stalham.**

OPENING HOURS

Sunday	9 am - 11pm
Monday.	8am - 12pm
Eve	6pm - 8pm
Wednesday	8am - 12pm
Thursday	8am - 12pm
Friday.	8am - 12pm
Eve	6pm - 8pm

WOMEN'S wellness

North Walsham

When do we meet?

Every other Wednesday afternoon
1 Wednesday evening a month

Where do we meet?

North Walsham Community Centre
Jubilee Room

Who can join us?

Our group is open to everyone
over 18 years

Why join us?

Come and join us for a chat & cuppa,
meet new people, get crafting, quizzes,
guest speakers and even outings!

We hope to see you soon!

 Find us on Facebook - Women's Wellness (North Walsham)

 womenswellness22@gmail.com  077368941174

JUNE	7th	Book Club Crafts	1.30 – 4
	21st	Line Dancing	1.30 – 4
	28th	Quiz Night	7 – 9.30
JULY	5th	Book Club Craft	1.30 – 4
	19th	Bake Off Quiz	1.30 – 4
	26th	Social Evening - TBC	PM
AUGUST		NO MEETINGS	
SEPTEMBER	6th	Welcome Back	1.30 - 4



North Walsham Good Neighbours You Ask – We Help

Do you sometimes need practical help at home?
Maybe a lift, someone to talk to or some information?

Good Neighbours offer short term support to
anyone living in North Walsham.

Whatever you need we will try to offer help or find a solution.

We are vetted and trained volunteers who offer our support
for **FREE** – apart from travel expenses for lifts & the cost of
any materials for a job.

Examples of what we can do:

◆ Jobs at home or in the garden like:

- simple DIY
- tidying up
- moving furniture
- removing rubbish

◆ Lifts to appointments

- when no other transport scheme can help

◆ Shopping - if you need assistance

◆ Home visits - if you can't get out

◆ Dog walking

◆ Provide information about:

- local services & activities
- reliable tradesmen
- energy saving



To find out more or ask for some help call us on:

01692 558321

or email: assistance@nwgoodneighbour.org.uk

Volunteering with



North Walsham Good Neighbours

Would you like to make a difference in your community by volunteering with us?

As a volunteer you will receive emails from our coordinator about requests for help.

You can choose if and when to respond - it's up to you!

All volunteers are DBS checked & trained.
Your safety is our priority!

For more information

call us: **01692 558321** or

email: assistance@nwgoodneighbour.org.uk

visit: www.nwgoodneighbour.org.uk

We look forward to you joining our team!



VOLUNTEERING

Supported by





**NORTH NORFOLK
VOLUNTEER HUB**



VOLUNTEER

Merchants' Place
16 Church Street
Cromer
NR27 9ES
T: 01263 519454
E: volhub@merchantsplace.co.uk

**Join the
14 million
people who
volunteer in
the UK**

**Make a
Difference!**

Merchants' Place ^{Ltd} | North Norfolk Volunteer Hub

Would you like to volunteer?

Volunteering can be very rewarding and is a great way to meet new people, gain new or use existing skills. We will help you find the right opportunity by matching you with the appropriate volunteering role that suits your needs and time commitments.

Do you need volunteers?

We will help organisations recruit volunteers by promoting opportunities within North Norfolk. We aim to match volunteers according to their skills and interests. All you need to do is send us a volunteer role description and we will do the rest.

Merchants' Place
16 Church Street
Cromer
NR27 9ES
T: 01263 519454
E: volhub@merchantsplace.co.uk



North Walsham Dementia Support Group

For people living with dementia and their carers

Cameo Café- North Walsham Dementia Support group

Every Tuesday and Thursday there is a warm environment at the Cameo Café for people with dementia, their carers, and wider family.

They provide:

- Easy access – no formal referral system – just pop in to see them and have a chat on any Tuesday or Thursday
- A safe, friendly, and understanding environment
- Social contact and friendship
- Access to assisted bathing facilities*
- Hairdressing facilities available*
- Dietary needs catered for – prior notice required
- Information and guidance on resources from the Alzheimer's Society
- Carers group to offer practical and emotional support
- A wide range of activities-this includes singing, giant scrabble, quizzes, cake decorating , gardening and lots more. Just tell them what you like doing and they will try to include it.
- Quality refreshments and a lunch
- An environment to laugh, have fun and meet new friends

* Booking required

<http://nwdementiasupportgroup.org.uk/cameo-cafe/>

National Lottery Community Fund

National Lottery Community Fund – Meet the Funder North Norfolk online event

If you are a voluntary or community organisation in North Norfolk looking for funding this event may be for you....

Have you thought about making a Lottery application or read the Lottery website but still aren't sure if you can apply or what you can apply for?
Or perhaps just have a few questions about how your project fits?

**then come to the Meet the Funder online event about the
Reaching Communities and Awards for All grant programmes
and talk directly to your local Lottery Funding Officer**

4 - 6 pm on Thursday 22 June 2023

This is an opportunity to come and ask your questions, whether you have an idea in mind or are just interested in understanding more about the process and criteria.

This virtual event is specifically for organisations in North Norfolk.

Please book your place by email to fay.sheldon@norfolk.gov.uk by providing the name of your organisation and name of attendees (maximum of 2 per organisation). Places are limited to 20 per session so book early!

To find out more about the grant programmes and to get the most from these sessions, read through the information on the Lottery website before coming to a session to discover:

Who can apply, The projects we fund, and What you can spend the money on:

Awards for All – up to £10,000

<https://www.tnlcommunityfund.org.uk/funding/programmes/national-lottery-awards-for-all-england>

Reaching Communities – over £10,000

<https://www.tnlcommunityfund.org.uk/funding/programmes/reaching-communities-england>

...then come along with your questions!

West Norfolk-

King's Lynn library- Poetry workshop

With generous funding from the Mellon Foundation and in partnership with UEA, there are a series of ground-breaking workshops coming to Norfolk Libraries.

Take part in a workshop led by the poet Anthony Vahni Capildeo to create stories and poems inspired by windows at King's Lynn Library on Saturday 3 June at 6-9pm. A free buffet is provided as part of the event.

Booking is essential. For more details and to book your place, visit

<https://norfolk.spydus.co.uk/cgi->

[bin/spydus.exe/ENQ/WPAC/EVSESENQ?SETLVL&RNI=4290699](https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/EVSESENQ?SETLVL&RNI=4290699)


Sat 3 June | 6-9pm | King's Lynn Library

A WINDOW INTO WORLDS

WRITING WORKSHOP | ALL WELCOME

Join this gentle workshop led by the poet **Anthony Vahni Capildeo** to create stories and poems inspired by windows. Using imagination, memory and games we'll find words to explore the past and future scenes that windows of historical buildings frame.

Info and registration: tinyurl.com/AWindowIntoWorlds



British Archive for Contemporary Writing | UEA University of East Angles | Mellon Foundation | Norfolk County Council | borrow discover connect

WEST NORFOLK CREATIVE SOCIALS

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

Want to come along?

All events are free to attend!

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

Find out more...

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

FREE hot drink
and cake at
all events!



See what's coming
up overleaf!



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





Mon 12th June
Weds 21st June

JUNE

Creative Writing with Kathryn Simmonds

Join Kathryn for a writing workshop taking inspiration from flowers and the natural world.

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

REST IN THE COMMUNITY WELLBEING DROP-IN'S IN WEST NORFOLK

King's Lynn 56 High Street	3-4pm 4th Friday of the month
Downham Market Paradise Rd Carpark	10:30am-12:30pm 3rd Friday of the month
Heacham 4 Poplar Avenue	2-3pm 3rd Tuesday of the month

Come drop in for a cuppa and a chat and find out about support available locally from *Wellbeing and Norfolk and Waveney Mind*.



Information

and

advice

Norfolk and National

Cancer Connect: Device Gifting for people affected by cancer

How you can get help to access your health appointments and cancer support from the internet.



The Norfolk and Waveney Cancer Transformation Team are working with Norfolk and Waveney Clinical Commissioning Group (CCG) and Norfolk Libraries and Information Service to provide funding to identify and support people affected by cancer who have difficulties accessing the Internet. This is called digital exclusion.

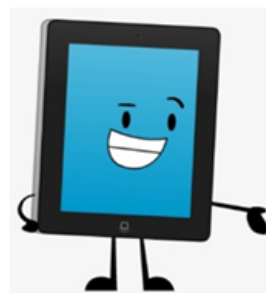
Digital exclusion may create barriers for you in relation to:

- Better access with your GP surgery and hospital online appointment bookings, cancer information and health apps
- Access to internet based cancer support offers from your local hospital, cancer support networks for other people affected by cancer and much more.
- Also, makes it easier to keep in touch with friends and family in this difficult and isolating time.

Do I Qualify for the Scheme?

To qualify for the scheme each person will:

- Have a diagnosis of cancer
- Be over 18
- Live in Norfolk and Waveney
- Having no/limited access to the internet
- Have no suitable device



Norfolk Library and Information Service (NLIS)

Norfolk Libraries have an online library service and offer a start-up data package to people in the community and will be providing this service for people affected by cancer as part of the Cancer Connect Scheme. What do you get:

- A tablet device, delivered to your home in a COVID-19 secure manner
- Access to library support for device set up
- Access to the internet for a period of time and support to set up your own Wi-Fi account
- Signposting information about local sources of information and support for people affected by cancer

What to do next

If you think you qualify for this scheme, please call the library on 01603 774777 and give the details as listed on the reverse of this leaflet. If you have an email [account](mailto:account@norfolk.gov.uk) you can email this information: libraries.iconnect@norfolk.gov.uk



General enquiries: 0333 240 4999

ERS Medical

ERS Medical- Patient Transport Services (PTS)

Non-emergency patient transport services, known as PTS, are typified by the non-urgent, planned, transportation of patients with a medical need for transport to and from a premises providing NHS healthcare and between NHS healthcare providers. This can and should encompass a wide range of vehicle types and levels of care consistent with the patients' medical needs.

Eligible patients are those:

- Where the medical condition of the patient is such that they require the skills or support of PTS staff on/after the journey and/or where it would be detrimental to the patient's condition or recovery if they were to travel by other means.
- Where the patient's medical condition impacts on their mobility to such an extent that they would be unable to access healthcare and/or it would be detrimental to the patient's condition or recovery to travel by other means
- Recognised as a parent or guardian where children are being conveyed.

The NHS Non-Emergency Patient Transport Service for Norfolk (excluding Great Yarmouth and Waveney) is provided by **ERS Medical**. Gt Yarmouth/Waveney and Suffolk is provided by the East of England Ambulance Service NHS Trust (EEAST).

Patients and carers in Norfolk can book journeys with ERS telephone number: **0333 240 4100**. Eligibility criteria apply. Further information regarding ERS medical can be found at www.ersmedical.co.uk



Transport information

Find your Transport

This tool helps you find out which transport services operate in your area, and how to access them. Enter the postcode and address from which you want to travel and the tool will provide you with information about bus services, rail services, dial-a-ride services, and community car schemes in your area-

<https://maps.norfolk.gov.uk/findyourtransport/>

Public Transport Accessibility

Norfolk County Council and all Norfolk's public transport operators are committed to making your journey on public transport as accessible and easy to use as possible-

<https://www.norfolk.gov.uk/roads-and-transport/public-transport/public-transport-accessibility>

The webpages include information on-

Better journey cards-



There is a limited pre-printed supply available from Norwich Bus Station, First's Travel Shop on Castle Meadow in Norwich, and King's Lynn Bus Station.

Mobility scooters-

Not all mobility scooters are permitted to access buses – it varies by operator and depends on the size and type of scooter.

As a minimum, all Norfolk bus operators follow the national Code of Practice for the Use and Acceptance of Mobility Scooters on low floor buses.

To get a permit you will need to contact your local bus operator before you travel, but note that Konectbus operates a separate permit scheme.

<https://www.norfolk.gov.uk/roads-and-transport/public-transport/buses/bus-timetables-and-operators>

<https://www.konectbus.co.uk/conditions-carriage/>

Transport Plus-

The community transport service helps eligible adults get to essential health, social and wellbeing services. They mostly use volunteer car drivers. A driver will pick you up at your house, or the nearest safe place, and provide a door-to-door service.

Call 0344 800 8020 (Monday to Friday 9am - 5pm) to book; they need at least three working days' notice before you want to travel. You can book a journey up to a maximum of two weeks in advance. Whilst they will do their very best to undertake all journeys, requests are subject to transport being available. You may have to share your journey with another person.

<https://www.norfolk.gov.uk/transportplus>



Government extends £2 bus fare cap and protects vital services

Additional funding will help passengers save money on fares and support vulnerable bus routes-

- £2 bus fare extended until 31 October to help passengers with cost of living and then £2.50 until November 2024.
- New £300 million government investment will protect bus services into 2025 and keep travel affordable.
- Funding boost will support the bus sector's long-term recovery, taking total investment for buses to more than £3.5 billion since March 2020

Millions of passengers across England will continue to 'Get Around for £2' and access vital bus services thanks to £500 million in government funding, supporting people with the cost of living and ensuring long-term stability in the sector.

<https://www.gov.uk/government/news/government-extends-2-bus-fare-cap-and-protects-vital-services>

Recovery College

Recovery Colleges provide free educational workshops and courses. They are open to everyone, and they are designed to support people on their mental health recovery journey. They are aimed to help others invest in their own wellbeing.

All the courses cover a variety of topics and follow a personal recovery approach which encourages:

- Self-knowledge and acceptance
- An understanding of the principles of recovery
- Learning and applying new skills and strategies
- Leading a meaningful life with or without symptoms

The aim is to empower people to take control of their own lives and become experts in their own recovery - people choose their own courses to attend.

It is a safe space to learn among other people who have experienced mental health challenges.

The Recovery College is not a replacement for clinical support, it works alongside it.

The courses have been categorised to help guide students:

- **Begin** – to understand yourself
- **Build** – a toolkit of self-help skills
- **Understand** – aspects of the challenges you may be facing
- **Grow** – a plan for your future

All the courses are centred on the principles of **CHIME** - Connection, Hope, Identity, Meaning and Empowerment. <https://www.nsfth.nhs.uk/about-recovery-college>

Making the most of the library apps



Manage your library account, renew books, make reservations, and update your personal details using **Spydus**



Read and download newspapers and magazines with **PressReader**



Access a huge range of eBooks, eAudio and eMagazines, to read, listen to and download with **Libby by OverDrive**



Listen to hundreds of eAudio titles to download and listen to from **BorrowBox**

For more information on how to access the library apps
Please visit www.norfolk.gov.uk/ebooks



Making Reading Accessible to All

Did you know that more than two million people in the UK are living with sight loss? Hi VIS Fortnight (1-14 June) is a national campaign that highlights the many wonderful services that are on offer for people with a vision or print impairment. Many Norfolk Libraries host

Audio Book Clubs with Vision Norfolk (see page 79/ 80) They also have books in larger type, books on CD, and a wide range of e-services offering eBooks, eAudiobooks and eMagazines- <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/find-an-item/ebooks-and-eaudio> If you'd like to know more about accessible book stock, library events and more, visit your local library or call on 01603 774777.

Bounce and Rhyme volunteers needed

Bounce and Rhyme Volunteer Needed

Could you help us to offer Bounce and Rhyme Time in the library?

We are looking for volunteers to help for 30 minutes a week singing songs and reading short stories to children

If you would like to get involved or to find out more, please send an email to volunteercontact@norfolk.gov.uk or call 01603 774793. Alternatively, ask staff at your local Norfolk library.

borrow discover connect



Norfolk County Council



Vision Norfolk

Founded in 1805, Vision Norfolk is one of the UK's longest-established charities providing support to people with visual impairment.

They help people in Norfolk living with sight loss to enjoy independent and fulfilled lives through:

- One-to-one, group and outreach support at our hubs in Norwich, Great Yarmouth, and Kings Lynn
- Eye clinic liaison officers at The Norfolk and Norwich University Hospital, Queen Elizabeth University Hospital and James Paget University Hospital
- Social and wellbeing activities for adults
- Activities for children, young people and their families
- Daily living equipment
- Befriending services
- Supported housing in Norwich

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

The volunteers undertake a huge range of activities, including organising or driving someone to an activity, escorting or guiding, working alongside our eye clinic team, or putting on a fundraising event or collection. They can tailor a role to suit your time, skills and interest, with full training and ongoing support and welcome ideas for potential new roles.

Volunteering is a win-win – good for those receiving your help and good for your wellbeing too. Support people, learn new skills and make friends when you volunteer.

As a volunteer you will be helping people in Norfolk living with sight loss to enjoy independent and fulfilled lives. Many volunteers comment on how rewarding the experience is, with a range of benefits including:

- Increased self-confidence
- Counteracting the effects of stress or anxiety
- Learning valuable job skills
- Being part of a community and meeting new people
- Making a difference
- Having fun

<https://www.visionnorfolk.org.uk/get-involved/volunteer/>



**Compassionate
Communities UK**

Compassionate Communities: Civic Charter

People who live with life-threatening or life limiting illness, their caregivers, and the bereaved are segmented social groups, forced to experience lifestyles that are commonly socially hidden and disenfranchised from the wider society. Outside of the health services that deal specifically with their immediate problems, these populations suffer from a range of other troubles that are separate but linked to their health conditions or social circumstances – loneliness, isolation, job loss, stigma, depression, anxiety, and fear, or even suicide. These populations also suffer from a range of other debilitating health problems often caused by their social and psychological troubles - insomnia, cardiac arrhythmias, chronic fatigue and headaches, hypertension, and gastric-intestinal disorders.

Compassionate Cities are communities that recognize that all natural cycles of sickness and health, birth and death, and love and loss happen daily within the orbits of its institutions and regular activities. A compassionate city is a community that recognizes that care for one another at times of crisis and loss is not simply a task solely for health and social services but is everyone's responsibility. Compassionate Cities are communities that publicly encourage, facilitate, supports, and celebrates care for one another during life's most testing moments and experiences, especially those pertaining to life-threatening and life-limiting illness, chronic disability, frail ageing and dementia, grief and bereavement, and the trials and burdens of long term care. Though local government strives to maintain and strengthen quality services for the most fragile and vulnerable in our midst, those persons are not the limits of our experience of fragility and vulnerability. Serious personal crises of illness, dying, death and loss may visit any of us, at any time during the normal course our lives. A compassionate city is a community that squarely recognizes and addresses this social fact.

© ALLAN KELLEHEAR

<https://compassionate-communitiesuk.co.uk/wp-content/uploads/2021/12/The-Compassionate-City-Charter.pdf>

Compassionate Communities: Civic Charter

Compassionate Communities is an approach to enable all of us to live well within our communities to the end of our lives. It encourages support for people and their families who are living with life limiting illness, loss, and bereavement. It recognises that care for one another is not simply a task solely for health and social services but is everyone's responsibility.

A **Compassionate Community** will advertise, collaborate and co-operate to develop and support the following 13 social changes to the community's key institutions and activities.



**Schools and
Colleges**



**Workplaces and
Trade Unions**



**Places of
Worship**



**Hospices and
Nursing Homes**



**Museums and Art
Galleries**



**Community-wide
Memorial Event**



**Incentive Schemes
and Awards**



**Promoting
and Celebrating**



**Inclusive Policies
and Practices**



**Become a
Compassionate Friend
or Champion**



**Establish a Compassionate
Community Steering
Group**



- **Our schools** will have annually reviewed policies or guidance documents for dying, death, loss and care.
- **Our workplaces** will have annually reviewed policies or guidance documents for dying, death, loss and care.
- **Our trade unions** will have annually reviewed policies or guidance documents for dying, death, loss and care.
- **Our churches and temples** will have at least one dedicated group for end of life care support.
- **Our community's hospices and nursing homes** will have a community development program involving local area citizens in end of life care activities and programs.
- **Our community's major museums and art galleries** will hold annual exhibitions on the experiences of aging, dying, death, loss or care.
- **Our community will host an annual peacetime memorial parade** representing the major sectors of human loss outside military campaigns – cancer, motor neurone disease, AIDS, child loss, suicide survivors, animal companion loss, widowhood, industrial and vehicle accidents, the loss of emergency workers and all end of life care personnel, etc.
- **Our community will promote compassionate communities programmes** to engage neighbourhoods and local streets in direct care activities for their local residents living with health crisis, aging, caregiving, and grief.
- **Our community will create an incentives scheme** to celebrate and highlight the most creative compassionate organisation, event, and individual/s. The scheme will take the form of an annual award administered by a committee drawn from the end of life care sector.

A 'Mayors Prize' will recognise individual/s for that year, who most exemplify the community's values of compassionate care.

- **Our community will publicly showcase, in print and in social media**, our local government policies, services, funding opportunities, partnerships, and public events that address 'our compassionate concerns' with living with aging, life-threatening and life-limiting illness, loss and bereavement, and long term caring. All end of life care-related services within the community limits will be encouraged to distribute this material, or these web links, including veterinarians and funeral organisations.
- Our community will work with local social or print media to encourage an **annual community-wide short story or art competition** that helps raise awareness of aging, dying, death, loss, or caring.
- All our compassionate policies and services, and in the policies and practices of our official compassionate partners and alliances, will demonstrate an understanding of how **diversity** shapes the experience of aging, dying, death, loss and care – through ethnic, religious, gendered, and sexual identity and through the social experiences of poverty, inequality, and disenfranchisement.
- We will seek to encourage and to invite evidence that institutions **for the homeless and the imprisoned** have support plans in place for end of life care and loss and bereavement.

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www.compassionate-communitiesuk.co.uk

For more information contact

Dr Guy Peryer at
UEA Health and
Social Care Partners
g.peryer@uea.ac.uk
01603 592568

Twitter: @guy_per



shaw trust

Shaw Trust- AskSARA

AskSARA for advice, support and products that make daily living easier.

AskSARA is an award-winning online self-help guide providing expert advice and information on products and equipment for older and disabled people. AskSARA is easy to use. Simply:

1. Choose which subject you would like help and support with
2. Answer some questions about yourself and your environment

AskSARA will produce a free personalised report providing:

- Clear, tailored advice written by experts on ways to help with daily activities and staying independent in your home
- An impartial list of products and equipment, specific to your needs, with information on where to get them
- Further help and contacts for more information
- An option to save your report and share it with family, friends and care workers.

For advice and support with equipment for daily living, AskSARA

<https://shawtrust.livingmadeeasy.org.uk/>

Norfolk Warm Homes

Norfolk Warm homes programme

By working to improve the energy-efficiency of the homes with the lowest EPC ratings of E, F and G, Norfolk Warm Homes are helping some of the most vulnerable people in Norfolk reduce their energy bills and their carbon footprint. They take a 'whole home' approach, first installing insulation and then potentially other measures including energy efficient air source heat pumps, depending on the suitability of your property.

They also provide expert advice and support to improve people's energy efficiency, helping people to live in a warmer home and reduce energy usage. Less energy used means a smaller energy bill, and reduces the county's carbon footprint, helping to achieve the UK's commitment to net zero by 2050. Anyone can contact them for help or advice on saving energy and benefits checks. Grants to help you insulate and heat your home are available for people who have a gross income of under £30,000 and live in a home with an EPC rating of E, F or G. Contact them today and find out if they can help you.

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



RSPCA- Cost of living crisis

If you're a pet owner who's struggling to cope with the cost of food or healthcare, you're in the right place for advice and support. The RSPCA won't let animals pay the price of this crisis.

<https://www.rspca.org.uk/adviceandwelfare/costofliving>



Independent Living news

Welcome to this week's Independent Living newsletter.

Contents:

- When the Words Away Went
- Benefits of retirement villages
- Major conditions strategy
- New Solite Pro Ultra Low bed
- Stairway falls risk management
- Approvals for NHS CHC down

<https://preview.mailerlite.com/l0x2p1m9t0>

— The —
BIG BIKE
Revival

The Big Bike revival

Cycling UK has been supporting cycling since 1878 and their development team are experts in engaging communities and encouraging more people to start cycling. The Big Bike Revival has a vision to make cycling accessible to everyone. Their mission is to deliver free events that enable people to start cycling through fixing bikes, teaching skills and leading rides. The programme takes place across England and offers a programme of events delivered locally by community groups and organisations that are FREE for all.

Through fun, social, and inclusive activities they'll help make cycling become a normal transport option and inspire people of all ages, backgrounds and abilities to discover the joys of cycling. <https://www.cyclinguk.org/bigbikerevival/current-programme>

Age UK Norfolk

Volunteers needed

AGE UK NORFOLK

VOLUNTEERS NEEDED!

Norfolk ageUK

Interested in joining us?

.....

Small amounts of your time could make a huge difference to an older person in Norfolk. You'll receive training and opportunities to develop new skills and meet new people.

To find out more, contact our Volunteering Co-ordinator:
✉ volunteering@ageuknorfolk.org.uk
☎ 01603 785 210
🌐 www.ageuknorfolk.org.uk

Registered Charity No. 1077067 020872 2011

WE NEED HELP WITH:

- Befriending (telephone)
- Digital Inclusion
- Information & Advice
- Advocacy
- Travel Companionship
- Fundraising & Marketing
- Dereham Charity Shop

Scan the QR code to apply today!





Travel Companions

Would you like to feel more confident getting out and about?



Our Travel Companions can help you

Through FREE sessions delivered safely from your home and beyond, we can help you feel more confident and comfortable making trips around your local area.

You'll be paired up with your own Travelling Companion who can accompany you on any type of journey - whether it's by foot, public transport, taxi or even bike - and will help you build the confidence you need to travel independently. Simply give us a call or email us, and we'll connect you with your local Travelling Companion.

Contact Us

T 0300 500 1217

E travellingcompanionship@ageuknorfolk.org.uk

Registered Charity No: 1077097





Action today for all our tomorrows

Centre For Ageing Better

What needs to change to give everyone the chance to live in a good home?

The quality of a home has a fundamental bearing on an individual's health and wellbeing and yet millions of people in England endure the hardship of living in sub-standard housing. The Homes Senior Evidence Manager, Millie Brown, explains the steps the Centre for Ageing Better is taking to try and ensure that living in a good home becomes an achievable reality for all.

What makes a good home? It should be warm, safe with light and space. It should be flexible and adaptable to changing needs, particularly as people age. It should be easy to heat in winter and to cool in summer with access to outdoor space and connected to local amenities. A good home should also be affordable for the people who live in it.

These sound like basic fundamentals and many of us take them for granted. And yet for millions of people in England who are deprived of these essential conditions, they are currently unachievable aspirations.

Read more here- https://ageing-better.org.uk/blogs/our-mission-ensure-everyone-benefits-living-good-home?utm_source=Ageing+Better+Email+Updates&utm_campaign=bfa9f23b26-AB+news+12+May&utm_medium=email&utm_term=0_-38de185699-%5BLIST_EMAIL_ID%5D

Why we need to change how we talk about ageing

In May it was the Intergenerational Week 2023 , celebrating and highlighting opportunities for different age groups to come together and form intergenerational friendships.

Chief Executive, Dr Carole Easton OBE, argues we need to move away from narratives of intergenerational difference and negative stereotyping of later life if we want connections between different age groups to flourish.

There is no doubt that we have much to benefit from sustaining and strengthening connections between different age groups. Getting to know people of other generations better can help dispel the ageist attitudes or stereotypes that are all too common throughout our society. Intergenerational friendships can strengthen our connection to our local communities and give us access to a new world view. And in the workplace, older colleagues can support younger colleagues through skills and knowledge sharing. Yet these benefits will disappear if age is increasingly presented as an insurmountable division between communities and different generations are not regarded in equal terms.

Read more here- https://ageing-better.org.uk/blogs/why-we-need-change-how-we-talk-about-ageing?utm_source=Ageing+Better+Email+Updates&utm_campaign=bfa9f23b26-AB+news+12+May&utm_medium=email&utm_term=0_-38de185699-%5BLIST_EMAIL_ID%5D



Bladder & Bowel Community

Bladder & Bowel Community- Just Can't Wait Toilet card

Get your FREE Digital Just Can't Wait Toilet Card

- The Original Toilet Access Card
- Access to toilets not normally available to the general public
- Discreet, clear communication when you just can't wait to use the toilet
- Widely accepted at many cafes, restaurants, shops, entertainment venues and other businesses
- Available on your phone so you don't have to worry about losing your card

Alternatively, you can also purchase a plastic card.

<https://www.bladderandbowel.org/help-information/just-cant-wait-card/>



Disability Rights UK- RADAR key scheme

The RADAR key provides you with access to over 9,000 accessible public facilities around the UK. They can be found in many shopping centres, pubs, cafes, cinemas, bus and rail stations. To buy a Radar key, Disability Rights have them for sale-

<https://shop.disabilityrightsuk.org/products/radar-key>



NIHCSS- Norfolk Integrated Housing and Community Support Service

The Norfolk Integrated Housing and Community Support Service supports adults (aged over 18) with severe and enduring mental health needs, including individuals with complex needs. The service supports people across the whole of Norfolk in supported living and within the community.

The service works with individuals to identify and make changes in a variety of areas of their lives in order to improve their wellbeing. It aims to support people to achieve their goals and to live as independently as possible in their local community. They support people in supported living (located in Norwich, Great Yarmouth and King's Lynn) and within the community.

They can support people to:

- Improve their wellbeing and develop self-management skills
- Develop practical living skills including maintaining a tenancy, cooking and budgeting
- Access community resources

They offer a variety of support to meet each individual's needs and circumstances including:

- Supported living – staffed 24/7
- Personalised one to one support
- Connecting with people who have a lived experience of mental health through one to one peer support and peer led groups

Services offered:

- Community support
- Housing
- Outreach
- Peer Support
- Personalised community support
- Service User involvement
- Support in the Community
- Supported Living
- Tenancy/housing support

For more information about the service and how to make a referral, please contact-

Norfolk Integrated Housing and Community Support Service,
7a Bank Plain,
Norwich,
Norfolk,
NR2 4SF

Tel: 01603 305321; Mobile: 07849 087611

Email: norfolk-support@together-uk.org



ARE YOU COMFORTABLE DRIVING IN MODERN TRAFFIC?

STILL DRIVING WELL?
LOST CONFIDENCE?
MEDICAL CONDITION?

WE ARE HERE TO HELP

GOLD COMES TO YOU

One of our team of professional and considerate trainers will come to your home.



- You drive your own car
- The session will be tailored to your needs and concerns
- You drive on the type of roads that you normally drive

How long does it last?



at a mutually convenient time

How much does it cost?



This may be waived for certain medical issues, for example dementia, stroke, MS etc.

Do I get written feedback?



The trainer will discuss your drive with you and give you advice and written feedback. If there is a medical issue, a more comprehensive report will be prepared and posted to you.



Who can refer the gold scheme?

- Self referral
 - Doctor or other health practitioner*
 - Family members (please discuss this with the person before doing so)
- * If you have a medical condition, DVLA may need to be notified.
Please check www.gov.uk/driving-medicalconditions



**IT'S NOT A TEST, IT'S AN ASSESSMENT
DESIGNED TO HELP YOU**



HOW DO I BOOK?

Contact us on



0344 800 8020 and ask for
Road Safety and the GOLD scheme.



Alternatively, please email:
roadsafety@norfolk.gov.uk



We will discuss the process with you, in confidence and explain everything clearly.

**If you prefer, please post this form to: Norfolk County Council
Road Safety (GOLD), County Hall Martineau Lane Norwich, NR1 2SG**

Name D.O.B.....

Address

Post Code Contact Phone Number(s).....

Email

Name, if applying on behalf of the person named above

.....

Relationship to client

Signed



If you would like this information in large print or in an alternative version, please contact us on 0344 800 8020 and we will do our best to provide it.



Skills for Health survey

With an ageing population and more than 7.2 million people awaiting treatment, demand for health and care services has never been greater.

These factors, coupled with ongoing reform at a local and national level, mean that the UK's healthcare workforce is experiencing an extraordinary moment of transformational change.

Against this background, Skills for Health – the National Sector Skills Council for Health (a body independent of the NHS) – invites you to complete the biennial State of the Workforce Survey 2023-

https://www.surveymonkey.co.uk/r/Skills_for_Health_State_of_the_Workforce_Survey?utm_source=General+contact+list&utm_campaign=79d87b5bec-State+of+the+Workforce+Survey+Launch+Campaign&utm_medium=email&utm_term=0_17d674a031-b266627ed3-%5BLIST_EMAIL_ID%5D&mc_cid=79d87b5bec&mc_eid=66cb349243

Norwich

Age UK Norwich survey



Age UK Norwich



Sponsored ·

Housing? 🏠 Transport? 🚌 Healthcare? 🏥

What do you think are the most important for an age friendly city?? Take our quick survey and share with a friend 😎👉

<https://strawpoll.com/polls/e2narzD8zgB>



age friendly
Norwich

ageuk.org.uk

Age Friendly

Age UK Norwich Age Friendly

[Learn more](#)

Greater Norwich
Growth Board

We're creating a new strategy for green spaces
in Greater Norwich.

Your Views Matter

Tell us how you use green spaces in the
Greater Norwich area and **win an annual family
membership of the Norfolk Wildlife Trust**

Find out more and take
the survey here:

bit.ly/42sNOvH



South Norfolk



Bin collections app



Download today and make sure you never miss another bin collection again. You can also find more information about:

- your bin collection days
- print your own collection calendar
- find out what you can and can't recycle
- keep informed of any collection changes
- play the waste sorting game

Search Bin Collections South Norfolk on the App Store or Google Play, or follow the links below.



South Help hub

Help Hub

Everybody needs a bit of extra support from time to time and the Help Hub makes sure people get that help as soon as possible.

Getting help early can stop problems from getting worse. It might be only a small problem but if it's difficult to find a solution straightaway a small problem can grow and lead to more worries.

The Help Hub is a partnership between organisations that support people in Broadland and South Norfolk. It can offer practical support, suggest community groups, and offer advice and guidance to get you back on track.



<https://www.southnorfolkandbroadland.gov.uk/help-hub-1>



Wymondham Shed



A place to pursue practical interests

We offer members a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.



A place to meet

We offer a place to meet, share ideas and experience



We provide the tools and facilities

We provide the tools and facilities to pursue personal and collective objectives irrespective of members financial or personal dependencies

GALLERY PICTURES



<https://theshedwymondham.org.uk>

Wymondham and Attleborough Talking Newspaper

Audio information service for people with visual impairments

Wymondham and Attleborough Talking newspaper

Wymondham and Attleborough Talking Newspaper is one of a number of independently run Talking Newspaper (TN) groups in Norfolk, of which there are more than 500 across the UK. A group of volunteers produce a weekly local news and information service in audio format for blind and partially sighted people in and around Wymondham and Attleborough. The service is free and is also available to those for whom reading a newspaper is difficult because of a disability or health condition. They concentrate on local news for the area including Hethersett, Mulbarton, Bunwell, Hingham, New Buckenham, Old Buckenham, not forgetting Attleborough and Wymondham and the surrounding villages.

For more information, please contact the WATN Secretary- 26 Sycamore Avenue Wymondham NR18 0HX; 01953 605434; <https://www.watn.org.uk>

Breckland

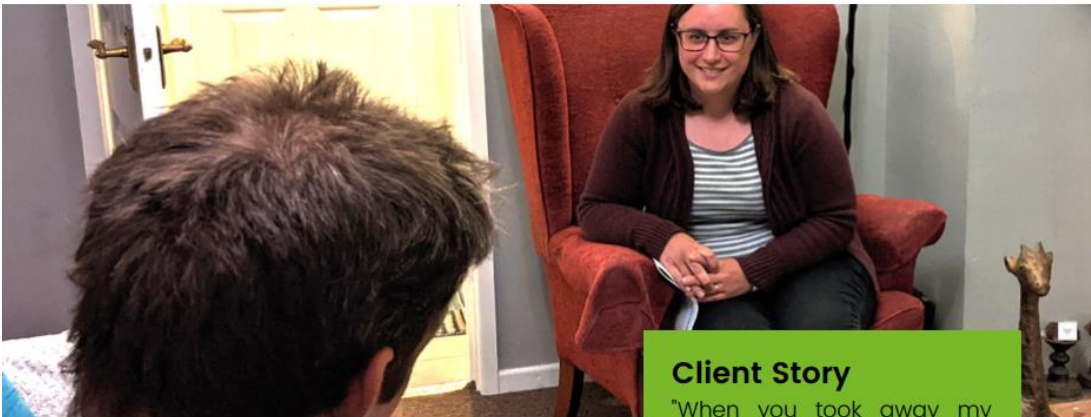
Christians Against Poverty Debt centre



News



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



We offer:

Dereham Debt Centre works with national charity Christians Against Poverty (CAP) to support those who are struggling with debt. Individuals self-refer to CAP by phoning 0800 328 0006 and an appointment is made for Morgan (our Debt Coach) to visit them in their home. The team at head office develop a personalised budget and debt plan, they will advise options. A local befriender will support the individual until they become debt free.



Why?

You may find yourself struggling with debt, perhaps a relationship breakdown or unemployment, or simply the rising costs of living. Maybe you don't know where you can get help or what options are available to you. Often there is a feeling of shame or embarrassment, and debt may be linked with mental ill-health. We want you to know that CAP can help, there is hope and with support you can become debt free.

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

Client Story

"When you took away my paperwork and said I don't have to worry about that anymore, that CAP will take care of it all, I felt the weight lift immediately. Now I'm not getting the phone calls and letters demanding money all the time, I can relax and enjoy my family again."

"I was laid off work two years ago and was finding it so hard to meet my monthly payments... I decided to speak to my housing officer and they gave me CAP phone number so I got in touch with them and it was the best thing I done"

Who?

Our debt services are free for everyone. Our local centre offers support for those living in postcode areas NR19 and NR20. There are other debt centres within Norfolk.

Dereham Debt Centre Newsletter May 2023



With help from CAP, I sat down and looked at how to manage my everyday life. Now I no longer get up thinking about debt every day and wondering whether I can afford to feed my children.

Francella



With CAP, you've got food in your cupboard, all your bills are paid, nobody's phoning you asking for money. It's such a weight off your shoulders. You're not a slave to debt – and that's priceless.

Reg and Janice



When CAP is involved, they don't just leave you. Even when you're debt free, they're still there for you. They actually get to know you. It has turned my life around.

Sharon

CAP
DEBT
HELP

Lifting the weight of debt

Free debt advice and personal support in your community.

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**



CAP are unsurpassed when it comes to the debt help they give people across the country.

Martin Lewis,
Money Saving Expert

CAP
DEBT
HELP

Lifting the weight of debt

Free debt advice and personal support in your community.



capdebthelp.org

always hope.

Book your free appointment

0800 328 0006
capdebthelp.org

Facebook CAPuk Instagram CAPuk.org YouTube CAPukorg

Charity Registered No: 1097217 (England & Wales), SC038776 (Scotland). CAP is authorized and regulated by the Financial Conduct Authority. Product Code: 104291v1



If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in confidential appointments and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 250 CAP Debt Centres. So ring us today and begin your journey to becoming debt free.

Does it cost anything?

Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We are committed to our service being available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation. Will take appropriate measures to monitor this.

How our debt help service works

1 Local appointments

After you call CAP, a Debt Coach from a local CAP Debt Centre will carry out your first appointment.

2 An effective budget

Our trained Debt Advisors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.

3 CAP Plan

In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this to your creditors on your behalf. You can also build up savings through your CAP Plan.

4 Severe debt

If you are in severe debt, we can walk you through insolvency options, such as petitioning for bankruptcy and helping you to fill out the forms.

5 Debt free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free. We look forward to celebrating with you when you cross the finish line!

Call free on: **0800 328 0006**
or visit: **capdebthelp.org**

We know it takes a lot of courage to make the first call. But the sooner you ring, the sooner you'll have peace of mind.

East Norfolk



Carer Support Nurse

Carers tell us that having a support nurse just for them would make it much more likely that they would talk about their support needs related to their health and wellbeing or their caring role, and what they need to help them.

The Carer Support Nurse is designed to help unpaid carers who have their own health needs, or who need extra support for their caring role, that cannot be met by their usual healthcare team. Unpaid carers are lay people in a close supportive role who share in the illness experience of the patient and who undertake vital care work and emotion management. They provide unpaid care, help, or support to family members and friends with care needs but often have unmet health-related support needs of their own due to their caring role.

To be eligible to access this service, carers need to be registered with GP surgeries that work together as Primary Care Networks in the Great Yarmouth and Northern Villages area.

The nurse will work with the carer to discuss and agree a plan to support them. This may be direct support from the Carer Support Nurse or involve referral within the Primary Care Home (PCH) to other professionals, or to social care or the voluntary sector. The nurse will liaise with their own doctor when needed.

<https://www.ecch.org/our-services/carers-support-nurse/>



Exercise Referral scheme

Physical activity has a positive impact on a person's health both physically and mentally and can support recovery and maintenance for those living with long term health conditions. An Exercise Referral scheme is the perfect way for people with long-term health conditions to move more to improve their health and wellbeing.

The scheme provides opportunities for people with or at risk of long term health conditions, to become more active in a safe and welcoming environment and raise awareness of the benefits of physical activity, helping to create long-term behaviour change.

The 12 week programmes are designed to help individuals build confidence in order to self-manage their condition more effectively. Most people with long-term health conditions will be accepted onto the Exercise Referral Scheme. These include asthma, arthritis, high blood pressure, diabetes and obesity, as well as depression, anxiety, osteoporosis and plenty of other conditions, including rehabilitation from Covid-19.

<https://www.freedom-leisure.co.uk/healthy-communities/exercise-referral-programme/>

North Norfolk



North Walsham Community Network

North Walsham Think Carer Network became North Walsham Community Network in February 2023. The key purpose of North Walsham Community Network is to connect people and organisations in the town. The Community Network will continue to organise community events, share and improve access to information and bring people/ groups together, particularly to benefit those who are vulnerable or in need of support. The Community Network plans include-

- Supporting volunteering at the Big Help Out on 8 May
- Big Bash on 20 April 2024
- Community Contact points

Email northwalshamcommunitycontact@gmail.com

<https://communitynetwork.northwalsham.org/>

TOMBLAND, NORWICH

Tombland today is an attractive area at the heart of the city lined with historic buildings and shaded with trees. This provides a pleasant *al fresco* experience for visitors to the eateries located there.



Tombland comes from the early English words for “open space” and it served as the market place until the Normans built the cathedral and castle

No.15 Tombland will have memories for many local people. Samson and Hercules House was built in 1656 by Christopher Jay to celebrate becoming mayor. It is on a site owned earlier by Sir John Fastolf and has had many occupants including the YWCA, a nightclub, a swimming pool and mostly remembered as a ballroom. Lots of marriages came from “boy meets girl”, dancing to the music of Ted Heath, Joe Loss, or Victor Sylvester. The statues holding up the porch were originally painted wood but have been replaced with fibreglass replicas. It is haunted by the apparition of three monks who died in a sixteenth century plague.

Next door is Augustine Steward House, built in around 1540 for Mr Steward, another mayor of the city and a wealthy cloth merchant. In 1549 it was the headquarters for the King’s forces tasked to quell Kett’s Rebellion. Beside the house is Tombland Alley, thought by archaeologists to have been part of a Roman road from Caister on Sea to the Midlands, now the A47. The building and alley are said to be haunted by a young woman dressed in grey who was allegedly sealed into the house when all the occupants were thought to be dead from that same plague of 1578. When the house was re-opened, she was found to have remained alive for a few weeks by eating the flesh of her dead parents.

On the Magdalen St side of the “Samson” is a building dating back to 1480. It spent much of its life as the Waggon and Horses pub but has been renamed the Louis Marchesi after the founder of the Round Table movement. Marchesi was a caterer, born in Norwich of Swiss and Irish parents. In 1927 he heard a broadcast by the then Prince of Wales urging young businessmen of Britain to get round a table, adopt an existing idea, adapt it, and improve it, hence the Round Table motto “Adopt, Adapt, Improve”. Opposite the Louis Marchesi is the Maids Head hotel, claimed to be the oldest inn in the UK. Over ten centuries it has been visited by many bishops, including Herbert de Losinga, the first Bishop of Norwich, as well as by Edward, the Black Prince, Catherine of Aragon, and Queen Elizabeth I. It has also hosted Royalists in the civil war, Norwich’s first Masonic lodge, was the terminus for the London to Norwich stagecoach [nicknamed “the machine”], served as a recruitment centre in the Boer war and has been used as a film set. It is, of course, haunted.



On the eastern side are the two main gates to Norwich Cathedral and the much moved statue to Edith Cavell. The Erpingham gate was built by Sir Thomas Erpingham who led the English archers at Agincourt. The Ethelbert gate has a more colourful history. In 1272, Norwich folk rioted violently against the cathedral and monastery, setting many church buildings alight and causing huge destruction. The Bishop called on the King for help with the result that more than 30 Norwich folk were executed, and the town was fined heavily, the proceeds used to fund the new gate.

20 centuries of Norwich life are here.

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.



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