



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

July 2023- Edition 47

Word from the Chair

Last week's partnership meeting saw the beginning of our work to revise our strategy, 'Living Longer, Living Well' with a talk by Niki Park, head of passenger transport at Norfolk County Council. She spoke about how the county's bus services have been developing in the last few years thanks to a large government grant. But in among the good news about improved ticketing arrangements and the introduction of bus hubs that enable passengers to transfer from very local services to ones going longer distances, there was one worrying note. Only 65% of older people who travelled using their bus passes before Covid are using them now. If the situation does not improve, the bus companies may have to cut services. We know that many things have changed since Covid, so tell us if you have changed the way you shop or travel; please let us know what you are doing differently and why. And please ask your family, friends, and neighbours too. We agreed that the priorities we set four years ago are fine for now and in the second half of this year we'll be covering other topics that relate to them including end of life care, housing, and compassionate communities. However, we need to start thinking about objectives too. The purpose of the Partnership is to support older people to live independently and well, so the objectives of the strategy should concern things that need to be in place and working in order for them to do so. We would like you to tell us what services and support are important to you in your daily life, whether they work well or whether there is room for improvement. They may be provided by anyone: health, social care, local government, or the voluntary or private sector. Please email us- nopspb@aol.co.uk- and let us know.

Best wishes

Mary Ledgard, Interim chair, Norfolk Older People's Strategic Partnership

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Health

Norfolk and National



Healthwatch Norfolk

Get involved- Your Voice counts!

Healthwatch Norfolk is the local health and social care champion for the County. We make sure NHS leaders and other decision makers hear your voice and use patient, carer and community feedback to improve care. We can also help people to find reliable and trustworthy information and advice.

Your feedback is used to better understand the challenges facing the NHS and other care providers and your experiences can help improve health and care for everyone.

If you're ready to tell your story or you need help getting information or advice – we're here to listen. Join the conversation- <https://healthwatchnorfolk.co.uk/services/>

Or take a look at how you can get involved- <https://healthwatchnorfolk.co.uk/get-involved/>

Do you support someone severely affected by mental illness?

healthwatch
Norfolk

Do you support someone severely affected by mental illness?



IF SO, WE WOULD LIKE TO HEAR ABOUT YOUR EXPERIENCES AS A CARER OR LOVED ONE.

HEALTHWATCH NORFOLK WOULD LIKE TO TALK TO CARERS, FAMILIES AND LOVED ONES WHO AN ADULT SEVERELY AFFECTED BY MENTAL ILLNESS (WHO CURRENTLY RECEIVES SUPPORT FROM COMMUNITY MENTAL HEALTH SERVICES IN NORFOLK).

WHAT WILL IT INVOLVE?

A 30 MINUTE CHAT EITHER ONLINE OR VIA A PHONE CALL TO TALK ABOUT YOUR EXPERIENCES.. ALL INFORMATION WILL BE KEPT CONFIDENTIAL.

THERE WILL BE A £10 GIFT VOUCHER AVAILABLE FOR EACH PARTICIPANT.

HOW TO GET INVOLVED

EMAIL: RACHAEL.GREEN@HEALTHWATCHNORFOLK.CO.UK
CALL : 01953 856029 AND ASK TO SPEAK TO RACHAEL GREEN



www.healthwatchnorfolk.co.uk



**GET ACTIVE
EAT HEALTHY
LOSE WEIGHT**

Join our **FREE** Weight Management Service

Take control of your weight and improve your wellbeing with Your Health Norfolk. Our **FREE 12-week Adult Weight Management Groups** provide tools and support to help you become more active, eat well and lose weight. Transform your lifestyle with us.

If you don't qualify for our free 12-week course, you can still participate in our program from £6 per session. Check your eligibility on our website and join us.

Topics covered:

- Balancing Act: Understanding the Components of a Healthy and Nutritious Diet
- Mastering Behaviour Change: Effective Techniques for Positive Transformation
- Exercising for Weight Loss: Maximising the Benefits of Physical Activity
- The Power of Protein: How it Aids in Weight Loss and Boosts Your Health
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Get in touch today!



01603 339026

www.yourhealthnorfolk.co.uk



In partnership with



Sign up here





Improving lives **together**

Norfolk and Waveney Integrated Care System

Stay safe as temperatures rising

With temperatures rising across Norfolk and Waveney, it is good to remind people how to stay sun safe this summer. Although most of us welcome the summer sun, high temperatures and an increase in UV levels can be dangerous, especially for the very young or old or those with long-term illnesses. Make sure you:

Spend time in the shade between 11am and 3pm

Make sure you never burn

Cover up with suitable clothing and sunglasses

Take extra care with children

Use at least factor 15 sunscreens

Advice for adults and children on sunscreen and sun safety in the UK and abroad is available here <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Hot weather could increase the health risks to vulnerable patients – especially those over 75, people who find it hard to keep cool, such as babies and people with Alzheimer's, and people who have serious or long term illness. Look out for others, especially older people, young children, and babies and those with underlying health conditions, Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors, Drink plenty of water as sugary, alcoholic and caffeinated drinks can make you more dehydrated, Never leave anyone in a closed, parked vehicle, especially infants, young children or animals, Take care and follow local safety advice, if you are going into the water to cool down, Walk in the shade, apply sunscreen and wear a hat, if you have to go out in the heat, Avoid physical exertion in the hottest parts of the day, Wear light, loose fitting cotton clothes, Make sure you take water with you if you are travelling.



Linking up Norfolk & Waveney – with the end in mind

What if we felt more prepared to help each other face serious illness and bereavement? Together we can coordinate and expand all the great work that is going on in Norfolk and Waveney to ensure all people experiencing life-limiting illness, long-term caregiving, bereavement, and grief across Norfolk and Waveney feel supported. If you would like to meet kindred spirits and exchange views on how to develop more active and compassionate communities in the face of increasing pressures on health and care services - please join at a meeting that will take place at the University of East Anglia (NR4 7TJ). Refreshments will be provided and free parking. The event will include a discussion on how best to work alongside each other as a compassionate community; an introduction to a flexible framework to guide our activities; small group activities to discuss how to take the next steps *together*.

If you choose to join, please come with a positive attitude and show a willingness to participate and to listen - 'everyone a teacher – everyone a learner'.

Please forward this invitation to people or organisations who you think would like to attend.

Register your interest and availability here -

<https://forms.office.com/Pages/ResponsePage.aspx?id=IYdfxj26UUOKBwhl5djwkF8qIKT1XW9DI-3K0TsNa6ZUMUFWU0RIOEhNSjJLVjlyMzVJTTILMzRHQi4u>

If you would like to find out more about compassionate communities - please watch this video <https://vimeo.com/286261382> (14mins) from Allan Kellehear who came to help us not long ago in

Norfolk. A favourite quote of his is, "Dying is a social event with a medical component, not a medical event with a social component." The Compassionate Communities approach advocates rebalancing death and dying to prioritise the voice of families and communities.

If you have any queries about the event or joining the Action-Learning network, please email
Guy: g.peryer@uea.ac.uk

Activities

and

events



A joint review of Learning Disability and Autism Services

A Joint review of Learning Disability and Autism services

Norfolk County Council and Norfolk & Waveney Integrated Care Board are undertaking a joint review of Norfolk arrangements for improving both the Learning Disability and Autism services for adults they commission. A joint project team is working closely with an independent partner, Tricordant, who have now completed the first 'discovery' phase of the work. This has identified some strengths to build on in the system but also recognised the significant current operational and workforce pressures facing colleagues across commissioning teams and our providers. They have recognised a significant opportunity to develop clearer and more joined up commissioning arrangements, focused on listening and responding to people with lived experience, improving local services and guiding their strategic development. As part of the second phase of this work, they want to engage with people with lived experience, and partner organisations, to help develop their vision and plans. They would welcome your engagement to add your energy, ambition, and insights directly to the work. They are holding two workshops, one for learning disability and one for autism. You are welcome to attend one or both workshops. The workshop for Learning Disability is on Friday 21st July; 10am to 1:00pm. This will be a face to face event in Norwich-

<https://www.eventbrite.co.uk/e/improving-learning-disability-services-for-adults-in-norfolk-tickets-641311137877>

The workshop on Autism is on Tuesday 10th July, 10am to 12:30pm and will be online-
<https://www.eventbrite.co.uk/e/improving-autism-services-for-adults-in-norfolk-tickets-641304919277>

Goodgym



Run, walk, and cycle to help local community organisations and isolated older people by doing practical tasks.



Plant trees at the local park



Sort cans for a foodbank



Clean up a community centre



Help an older person with maintenance around their house



Do some gardening



Move furniture for an older person

https://www.goodgym.org/?gclid=EAlaIqObChMI_Zekstix_wIVENrtCh0C0QnHEAAYASAAEgKMjPD_BwE



MENTAL HEALTH FIRST AID & MENTAL HEALTH ADVOCACY IN THE WORKPLACE

Distance Learning

LEVEL 2

Overview:

This course aims to help create an open and transparent workplace around mental health. Helping to increase the understanding of mental health, advocate for it, and create a culture of care and support.

Units:

- * Exploring mental health
- * Understand how to support individuals with mental ill health
- * Understand a mentally healthy environment

Fees and Assesment:

Due to Government funding, we are able to offer this course FREE to both individuals who are working, and those on means tested benefits.

**Subject to assesment and location*



Course Duration
7 weeks



Awarding Body
TQUK or NCFE



01803 422082



info@voncaprecruitment.co.uk



FREE



voncap.co.uk



Hear For Norfolk news

You can support us by donating, by becoming a volunteer or a Friend



- I would like to support Hear for Norfolk with a donation of: £ _____
paid by Cheque Cash Standing Order
using the QR code above via the Hear for Norfolk website
(Please tick one of the above options)
- I am considering leaving a legacy to Hear for Norfolk and I would like someone to contact me to discuss this further.
- I am interested in becoming a Friend of Hear for Norfolk. Please send information.
- I am interested in becoming a Volunteer for this worthwhile cause. Please send information.

Your details

Mr/Mrs/Miss/Ms Full Name _____
 Address _____

 Postcode _____
 Email _____
 Phone _____

Please be assured that your details will NOT be passed on to other organisations.

Your donation

I /we enclose a donation of £ _____ Please make cheque payable to Hear for Norfolk.
 I wish to donate to Hear for Norfolk and pay by Standing Order. Please pay from my account to:
 Hear for Norfolk Ref: Santander UK Plc
 Account no: 25138828 Sort Code: 09-01-28
 £ _____ (figure) _____ (words)
 With effect from (date) _____
 and thereafter: Annually Quarterly Monthly
 (Please tick as appropriate)
 Your Bank's Name _____
 Your Bank's Address _____

 Postcode _____
 Account Number _____ Sort Code _____
 Signed _____ Date _____

Gift Aid Declaration for Donations

I want to Gift Aid my donation above and any other donations I make in the future or have made in the past 4 years to Hear for Norfolk. I am a UK taxpayer & understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. (Please notify Hear for Norfolk if you want to change this declaration, change your name or home address, no longer pay sufficient tax on your income and/or capital gains. If you pay income tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your self assessment tax return or ask HM Revenue & Customs to adjust your tax code.)

Signed _____ Date _____

HOW TO FIND US

Travelling by car

Parking is at the rear of the building and restricted to marked bays.

Please do not park on the road because doing so may result in you receiving a penalty notice.

Travelling by public transport

Buses to the Meridian Business Park:
 From the Train Station: (Stop DE) 15 and 15A.
 From St Stephens Street: (Stop BF) 15 and 15A.



Hear For Norfolk www.hearfornorfolk.org.uk
 14 Meridian Way nda@hearfornorfolk.org.uk
 Meridian Business Park
 Norwich NR7 0TA 01603 404440

Hear for Norfolk is the operating name of Norfolk Deaf Association (NDA) a Charitable Company limited by Guarantee registered in England & Wales, No. 07966408 Registered Charity in England & Wales No. 1146883



Supporting people with hearing loss and related conditions

A guide to our services



ABOUT US

Hear for Norfolk is a registered charitable company dedicated to improving the emotional wellbeing, communication, and the overall quality of life of people with hearing loss and related conditions. We provide practical and emotional support, advice and information through a range of services.

It is estimated that there are 201,500 people with hearing loss in Norfolk (2019 ONS). This equates to 22% of the Norfolk population, 5% higher than the incidence in the UK population. Many can feel isolated and lonely, and unable to communicate with friends and family as easily as they would like.

Many people that we help live in rural communities, with scarce access to services or transport. Some are very vulnerable, have mobility problems, are housebound or live in care homes.

We have developed our services in a way that we can take them close to where people live and provide the support and assistance that is responsive to people's needs, is accessible and is delivered by a team of highly trained, experienced, empathic and professional staff and volunteers.

Why our services are needed:

- There are 12 million adults in the UK with some degree of hearing loss. This is equivalent to one in five adults.
- 6.7 million could benefit from hearing aids but only about 2 million people have them, and approx. 1.4 million use them regularly - 30% of hearing aids are unused!
- Estimates suggest that by 2035, about 15.6 million people in the UK will have hearing loss – an increase of approx. 30%.
- Hearing loss is socially isolating, is linked to loneliness, depression, anxiety and causes communication difficulties.
- People with mild, moderate or severe hearing loss are respectively two, three or five times more likely to develop dementia than those with full hearing.
- Hearing loss is the second most common disability – however, often a hidden one.

NICE Guidelines state that hearing aids are the primary management option for permanent hearing loss.

TO ACHIEVE ITS MISSION, HEAR FOR NORFOLK PROVIDES THE FOLLOWING:

Aural Care Service offers ear wax removal treatment using the Microsuction technique (safest and most effective method of ear wax removal), performed by fully trained, registered and experienced Nurses. The service is delivered through community-based clinics, mobile ear care clinic, and domiciliary and care home visits for patients that are housebound.

Adult Audiology Service offers NHS funded hearing testing and hearing aids fitting service to people age 50+ with age related hearing loss. This accessible service is provided by trained, registered and experienced Audiologists. The service is delivered from our community-based and mobile clinics, and as well as through domiciliary and care home visits for housebound patients. Patients registered with Medical Practices in the Central Locality of Norfolk & Waveney ICB can be referred to this service by their GP or can self-refer.

Hearing Support Service offers assistance to users of NHS hearing aids by providing routine maintenance of NHS issued hearing aids and provides advice on assistive listening devices. The service is available from our community-based and mobile clinics, as well as domiciliary & care homes visits for housebound people. As part of this service, we offer **Ear Otoscopy** clinic, which is aimed at screening individuals for the presence of ear wax.

The Cuppa Care Project offers emotional, wellbeing and practical support, information and advice to members of the community who might experience loneliness or isolation or who might require specialist support or advice. This service is led by Hear for Norfolk and delivered in partnership with local specialist organisations: Vision Norfolk, Hear for Norfolk, Age UK Norwich, Norfolk & Waveney Mind and Age UK Norfolk.

Hearing Loss Awareness Training is available to both organisations and individuals and aims to increase the understanding of challenges faced by people with all degrees of hearing loss in the workplace, education and in social settings.

VOLUNTEER AND MAKE A DIFFERENCE

As a charity, we rely on volunteers to deliver our services. Many of them have hearing loss themselves or have family members, friends or colleagues who are experiencing hearing loss, so they have a good understanding of the impact hearing loss has on people's wellbeing and quality of life.

We are always looking to recruit and train volunteers who could assist us with the delivery of our Hearing Support Service and the Cuppa Care project.

If you enjoy helping people, are a good listener, empathetic, have a positive outlook on life and a friendly approach, please get in touch.

Volunteers assist people with hearing loss by carrying out simple repairs, cleaning moulds, replacing batteries, tubes and hooks and ensuring people know how to use the hearing aid correctly and understand the controls. They also provide emotional support, companionship, advice and information to people with hearing loss, their family, friends and carers.

All our volunteers enjoy excellent initial and ongoing training, ongoing support from our staff and paid expenses. The volunteer role is subject to an enhanced DBS check.

To find out more, please contact us by email at nda@hearfornorfolk.org.uk, call us on **01603 404 440** or download an application form from our website www.hearfornorfolk.org.uk.



As a charity, we rely on donations to run our services for the Norfolk community. Your support will be greatly appreciated.



This QR code can be used to make a donation. Thank you.



Supporting people with hearing loss and related conditions

Hearing Support Service (HSS) Clinics Timetable

April 2023 - September 2023



Supporting people with hearing loss and related conditions

We offer a range of services at Hear for Norfolk, including:

Hearing Support Service
Maintenance of NHS issued hearing aids

Ear Otoscopy
Screening ears for the presence of earwax

Aural Care Service
NHS funded ear wax removal by microsuction (GP referral required). Private appointments are also available

Adult Audiology Service
NHS funded hearing testing and hearing aids fitting to people age 50+ (patients can either self-refer or seek a GP referral to us)

The Cuppa Care Project
Emotional and wellbeing support, information and advice, delivered from our Cuppa Care bus.

Hearing Loss Awareness Training

Hear for Norfolk - the operating name of Norfolk Deaf Association (NDA) - is a Charitable Company Limited by Guarantee registered in England & Wales No. 07964408. Registered Charity in England & Wales No. 1146883

Get involved

We are always looking to recruit and train volunteers who could assist us with the delivery of our Hearing Support Service and the Cuppa Care Project. If you enjoy helping people, are a good listener, empathetic, have a positive outlook on life and a friendly approach, please get in touch.

For online timetables, updates, news, events and information about all our services, please visit our website www.hearforfolk.org.uk or call us on **01603 404440**



Hear for Norfolk provides free assistance with:

- Routine maintenance and repairs of NHS issued hearing aids, including cleaning ear moulds, supply and replacement of plastic tubing between the hearing aid and ear mould/domes, top hooks and filters
- Replacing batteries
- Providing guidance on the use of hearing aids, and
- Signposting users and families to other specialist services

We deliver our outreach Hearing Support Service via:

- Home visiting
- Community based clinics
- Mobile clinic
- Telephone support

Please contact us on **01603 404440** or email us at nda@hearforfolk.org.uk for further information about our Hearing Support Service or to book a home visit.

Please look out for either of our pictured 'buses' when you attend the mobile clinic.

Mobile Hearing Aid Maintenance Clinic April 2023 - September 2023

Location	Venue	Day	Time	APR	MAY	JUN	JUL	AUG	SEPT
Acle*	Car Park by Acle Methodist Hall, Bridewell Lane, NR13 3RA	Mon	10am - 12pm	3rd		5th	3rd	7th	4th
Antingham	Antingham Village Hall, Church Lane, NR28 0NL	Wed	10am - 12pm	26th		28th		30th	
Attleborough	Queens Square NR17 2AF	Thu	10am - 12pm	20th	18th	22nd	20th	24th	21st
Aylsham	Outside Aylsham Town Hall, NR11 6EL	Wed	1pm - 3pm	12th	10th	14th	12th	9th	13th
Aylsham*	ACT Centre, St. Michael's Avenue, Avenue, NR11 6HU	Thu	10am - 11.30am		11th		27th		21st
Aylsham	Bure Valley House, Station Road, Norwich, NR11 6HU	Thu	12pm - 1pm		11th		27th		21st
Dereham	Age UK Dereham Charity Shop, 31 Yaxham Rd, NR19 1HD	Wed	1.30pm - 3pm	19th	17th	21st	19th	23rd	20th
Diss	Market Square, Outside the Post Office, IP22 4AN	Mon	10am - 12pm	3rd		5th	3rd	7th	4th
Fakenham	War Memorial, Market Place, Fakenham NR21 9BE	Tue	10am - 12pm	25th	23rd	27th	25th	29th	26th
Great Yarmouth	The Market Place, NR30 2BA	Mon	1pm - 3pm	3rd		5th	3rd	7th	4th
Harleston	Co-op Car Park, The Street, IP20 9AT	Mon	1pm - 3pm	3rd		5th	3rd	7th	4th
Hickling	Methodist Church Car Park, NR12 0YD	Thu	12pm - 1pm	6th	4th	8th	13th	10th	14th
Hingham	Market Place, NR9 4AF	Wed	12pm - 1pm	19th		21st		23rd	
Hoveton*	Hoveton & Wroxam Medical Centre, Stalham Road, NR12 8DU	Thu	1.30pm - 3pm	6th	4th	8th	13th	10th	14th
Holt*	The Venue, Holt Community Arts Centre, Kerridge Way, NR25 6DN	Mon	10am - 12pm	17th	15th	19th	17th	21st	18th
Loddon*	Church Plain Car Park, NR14 6LX	Tue	10am - 12pm	11th	9th	13th	11th	8th	12th
Long Stratton*	Long Stratton Leisure Centre, Swan Lane, NR15 2UY	Tue	1pm - 3pm	11th		13th		8th	
Mattishall	Bob Carter Court, Daffodil Way, NR20 3RU	Wed	12pm - 1pm		17th		19th		20th
Mundesley	Mundesley All Saints Parish Church Car Park, Cromer Road, NR11 8JG	Wed	1pm - 3pm	26th		28th		30th	
Northrepps	Northrepps Village Hall, 4 School Close, Cromer, NR27 0LB	Wed	10am - 12pm	12th	10th	14th	12th	9th	13th
North Walsham*	Sainsburys Car Park, NR28 9DS	Tue	10am - 12pm	25th				15th	
North Walsham*	Vicarage Street Car Park, NR28 9DQ	Tue	10am - 12pm	18th	16th	20th	18th	22nd	19th
Norwich*	The Forum, Millenium Plain, NR2 1TF	Mon & Thu	10am - 12pm	13th	11th	15th	13th	17th	25th
Poringland*	Budgens Car Park, The Street, NR14 7RQ	Tue	1pm - 3pm		9th		11th		12th
Sheringham*	Station Approach Car Park, NR26 8RG	Tue	1pm - 3pm	18th & 25th	16th	20th	18th	15th & 22nd	19th
Spixworth	Village Hall Car Park, NR10 3NQ	Thu	10am - 12pm	27th		20th		24th	
Stalham	Staithe Surgery Car Park, NR12 9BU	Thu	10am - 1.30pm	6th	4th	8th	13th	10th	14th
Taverham	Village Hall Car Park, NR8 6JR	Thu	1pm - 3pm	27th		20th		24th	
Theford	Market Place, IP24 2DS	Fri	1pm - 3pm	28th		30th	28th		1st & 29th
Wotton	Queens Hall, Norwich Road, IP25 6DA	Wed	10am - 11.30am	19th	17th	21st	19th	23rd	20th
Wymondham	Waitrose Car Park, NR18 0SH	Thu	1pm - 3pm	20th	18th	22nd	20th	24th	21st

Community-based Hearing Aid Maintenance Clinic April 2023 - September 2023

Location	Venue	Day	Time	APR	MAY	JUN	JUL	AUG	SEPT
Norwich* - by appointment only	14 Meridian Way, Meridian Business Park, NR7 0TA	Tue & Thu	10am - 12pm	4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th	2nd, 4th, 9th, 11th, 16th, 18th, 23rd, 25th, 30th	1st, 6th, 8th, 13th, 15th, 20th, 22nd, 27th, 29th	4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th	1st, 3rd, 8th, 10th, 15th, 17th, 22nd, 24th, 29th, 31st	5th, 7th, 12th, 14th, 19th, 21st, 26th, 28th
Drayton*	Badgers Wood Care Home, 29 School Rd., Norwich, NR8 6EF	Fri	10am - 11am	3rd	5th	2nd	7th	4th	
Swardston	Swardston Day Centre, Rugby Club, Hill Tops, Main Road, NR14 8DU	Mon & Wed	10.15am - 12pm	26th		7th		7th	
Wells-next-the-Sea*	Wells Community Hospital, Mill Road, NR23 1RF	Wed	10am - 12.30pm			28th		30th	
Bowthorpe Care Village	The Meadows, Ladsmock Way, off Cloverhill Road, Norwich, NR5 9BF	Wed	10am - 12pm	26th	31st	28th	26th	30th	27th

*At these clinics, we are also able to offer Otoscopy. Please get in touch for more information.

Thriving Workplaces | Workshops

Thriving Workplaces has a variety of Workshops to help assist employers to empower their workforce to make healthy behavioural changes, gain greater awareness and encourage key topics to be discussed in a workplace setting. These workshops include:

- Nutrition
- Mental Health Awareness
- Stress Reduction
- Better Sleep
- Smoking Cessation
- Workplace Leaders
- The Menopause (Women's Health)
- Men's Health

All of these workshops are available to be delivered face to face and virtually using Teams or Zoom by one of our amazing team members!



OUR TEAM

SHANNON TURNBULL

Senior Workplace Health Specialist & MHFA Instructor
Thriving Workplaces
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07572768742



ZAK COLLEN

Workplace Health Facilitator & MHFA Instructor
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07776128152



CAT WATLING

Workplace Health Facilitator & MHFA Instructor
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catherine.watling@thrivingworkplaces.org.uk
07956744079



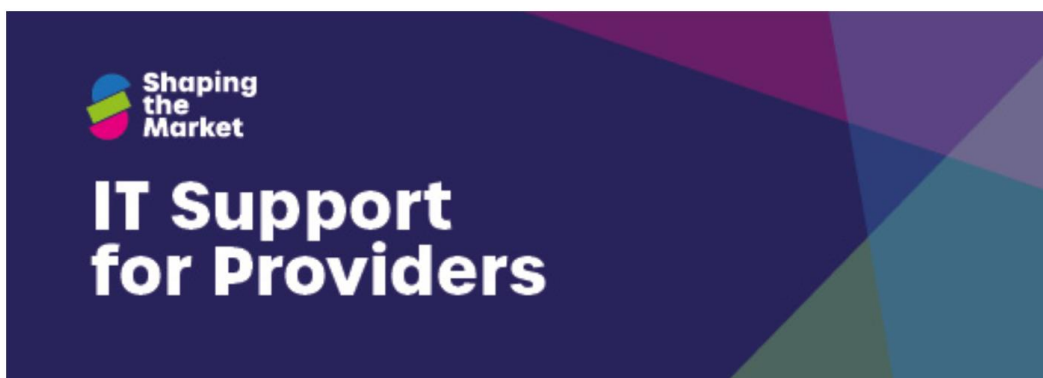
www.thrivingworkplaces.org.uk



Independent Age- Good to Know groups

Good to Know groups take place most weeks and last around an hour. Independent Age invite a different guest speaker each week to discuss issues of interest. Topics include scams, the cost of living crisis, finding new social connections - things that are simply 'Good to Know' about. Since the Good to Know Groups launched, they've had guest speakers from Mind, Cruse, The Sleep Charity, Ability Net and others. To find out more, visit their web page- [https://www.independentage.org/get-support/telephone-groups/good-to-know-groups?ct=t\(EMAIL_30_May_2023_Good_to_Know_Groups\)](https://www.independentage.org/get-support/telephone-groups/good-to-know-groups?ct=t(EMAIL_30_May_2023_Good_to_Know_Groups)) which is updated monthly with information about the upcoming events and times. Think of these groups like a cup of tea and a chat at a community centre, but over the phone in the comfort of your living room

Shaping the Market- IT support for providers



Webinar, 10am to 11.30am, 3rd August

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



NCAN- Partnership meeting

Community Updates

**Our next NCAN Partnership Meeting is on
Wednesday 26th July at 10:00am (via Teams).**

A reminder that our partnership meetings are a forum for partners, stakeholders, and organisations to meet bi-monthly to discuss topics relevant to the sector, share information and work towards positive outcomes for the people of Norfolk.

We hope you can join us – for more information you get in touch with us at info@ncan.co.uk

[Click here to join the meeting](#)

https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F%23%2F%2Fmeetup-join%2F19%3Ameeting_YjliMGI3MmltYjM1My00Y2VmLTk0NDgtNzNlZWQzMWI2YjA5%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%2522de1d8bd3-d81f-4198-8acc-269d5fd1ec59%2522%252c%2522Oid%2522%253a%2522cae6f482-5deb-410a-b9cc-66444d27ad8f%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=df57edc5-7118-4e57-b986-29b76ddc3b86&directDI=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true



Norfolk and Waveney MIND are running some free training courses from July onwards.

Even though these training sessions are free, you will be charged for the training costs if you do not attend on the day without a valid reason. If a course does not meet the minimum attendance requirements, it will have to be cancelled at a cost to the charity.

Places will be allocated at our discretion and on a first-come, first-serve basis. Please see below for dates and a summary of the courses:

Suicide Awareness

Suicide Awareness and Intervention training is a 3.5 hour workshop designed to teach the warning signs of suicide crisis and how to respond.

Content

- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behaviour.
- Looking at the lived experience of suicidal thinking.
- The warning signs of suicide.
- How to get help for someone in crisis.

Resources

- Includes free certification valid for three years and local resource/information booklet.

Suitable For:

'Non-Specialist' front line staff working in health, social care, the wider public and other services. Individuals who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide.

Dates

- 26th July 2023 (13:30 - 17:00) – Online via Zoom
- 1st August 2023 (13:30 - 17:00) – Online via Zoom
- 10th August 2023 (13:30 - 17:00) – Online via Zoom
- 30th August 2023 (13:30 - 17:00) – Online via Zoom
- 4th September 2023 (13:30 - 17:00) – Online via Zoom
- 15th September 2023 (13:30 - 17:00) – Online via Zoom

Suicide Responders

This one-day workshop aims to develop delegates' understanding of mental health, mental distress and suicide. The workshop will explore why people experience mental distress, the conditions that can cause this to lead to suicidal ideation and someone taking their own life.

The course will develop participants' confidence in their own skills, so they can sensitively and appropriately support someone who is suicidal.

Content

- Understanding mental health, well-being and shame.
- Using the Biopsychosocial model to explore why we become 'unwell'.
- When life exceeds our ability to cope with it – looking at the lived experience of suicidal thinking.
- Using Schneidman's suicidal commonalities model to understand the psychological processes surrounding suicide.
- Hopelessness and helplessness – identifying factors leading to vulnerability.
- Using Schneidman's commonalities model to identify protective factors.
- Using trauma informed practice to understand core skills when working with suicidal people.
- Applying core skills in a crisis and moving people towards safety.
- Exploring what help is available and how to access it.

Resources

The course is followed up with an email pack outlining further information and resource materials for those wishing to continue their own learning in respond to the ideas covered in this course.

Suitable For:

Staff working in health & social care and wider public services, who have regular and intense contact with people experiencing mental distress, mental ill health and individuals who may be at risk of self-harm or suicide. This course is aimed at staff who can provide direct interventions through their job role.

Dates

18th July 2023 (09:30 - 16:30) - Carrowbreck House, Norwich

28th July 2023 (09:30 - 16:30) - Elizabeth House, Dereham

16th August 2023 (09:30 - 16:30) - Carrowbreck House, Norwich

22nd August 2023 (09:30 - 16:30) - Elizabeth House, Dereham

7th September 2023 (09:30 - 16:30) - Norwich Wellbeing Centre

13th September 2023 (09:30 - 16:30) - Carrowbreck House, Norwich

18th September 2023 (09:30 - 16:30) - Kingsgate Community Church, Great Yarmouth

ASIST

For over 35 years, ASIST has been the world's leading suicide intervention training program. Continually updated by Living Works, the leaders in suicide intervention skills training - it is an accredited two day, interactive training that prepares people to provide suicide first aid interventions.

Aims and Objectives:

- Be suicide alert - identify people who have thoughts of suicide.
- Understand the reasons behind thoughts of suicide and the reasons for living.
- Assess risk and safety - develop a plan to increase the safety of the person at risk of suicide.
- Recognise invitations for help.
- Recognise potential barriers of seeking help.
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care.
- Effectively apply a suicide intervention model.
- Link people with community resources.

What are the workshop features?

- Presentations and guidance from two registered trainers
- A scientifically proven intervention model
- Powerful audio-visual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety
- Participant materials include a workbook, wallet card, and stickers
- Participants receive a certificate upon completing the workshop

Suitable for:

Specialist Front Line staff who play pivotal role in improvement of mental health and the prevention of self-harm or suicide. These include mental health/public health professionals, crisis call handlers, support workers etc.

Dates

3rd & 4th August 2023 (09:00-17:00) - Norwich Wellbeing Centre, Norwich

26th & 27th October 2023 (09:00-17:00) - Carrowbreck House, Norwich

30th November & 1st December 2023 (09:00-17:00) - Carrowbreck House, Norwich

[To sign up for a course, please complete our application form here.](#)

<https://forms.office.com/pages/responsepage.aspx?id=dCmclKwYbUC1dWzJmd5JY1YIf6nnS2dAkTu5A853h5RUNUhNT0VKVkrQUkNaOE1NU1E0SEFOTzAxRi4u>



Carers Voice involvement meetings

Join these meetings to share information and feedback with other Carers and people working with Carers and what matters to YOU!

West Norfolk Carer Involvement Meeting - **Wednesday 12th July**

East Norfolk & Waveney Carer Involvement Meeting- **Wednesday 19th July**

South Norfolk Carer Involvement Meeting- **Wednesday 26th July**

Norwich/ Central Norfolk Carer Involvement Meeting- **Wednesday 2nd August**

North Norfolk Carer Involvement Meeting- **Wednesday 9th August**

All meetings are from **10.30am 12.30pm** and are currently taking place on Zoom. Please email info@carersvoice.org if you have a question about our Local Carer Involvement Meetings.



Photo taken at Redwings Caldecott

Wellbeing- July Socials Update


Wellbeing are pleased to announce their ***NEW*** Wellbeing Nature Walks! These walks are slightly longer than the regular Wellbeing Walks but will give people the chance to get out and about in nature. They're starting with walks in Norwich, taking in Marriott's Way, and the west in Dersingham Bog. Check out their website for more info. They recommend bringing water and a hat, especially if it continues being this hot!

They're also hosting a community picnic at The Walks in King's Lynn on Monday 24th July from 5.30pm, so please pop along!

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

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

Community Socials July 2023

Date & Time...	Event...	Location...
Mon 3rd 13:30	Virtual Café	Online
Mon 3rd 17:30	Coffee & Catch up King's Lynn	Starbucks, Hardwick Road
Tue 4th 10:00	Running Group	Eaton Park, Norwich
Tue 4th 12:00	Halesworth Volunteers Social	Chinny's Sports Bar
Tue 4th 17:30	LGBT+ 	REST, King's Lynn
Thu 6th 12:30	Allotment Lowestoft - CANCELLED	St Margaret's Road

*Week
1*

Tue 11th 10:00	Running Group	Eaton Park, Norwich
Wed 12th 18:00	Crosswords Together	Online
Thu 13th 10:30	Coffee & Catch up Norwich	Merchant's House Cafe
Thu 13th 12:30	Allotment & Gardening in Lowestoft	St Margaret's Road
Fri 14th 10:30	Coffee & Catch up – Dersingham	Thaxter's Cafe

*Week
2*

Mon 17th 13:30	Virtual Café	Online
Tue 18th 10:00	Running Group	Eaton Park, Norwich
Tue 18th 10:30	*NEW* Coffee & Catch up, Norwich	Marzano, Forum, Norwich
Tue 18th 10:30	*New* Wellbeing Drop In @ REST	REST Downham Market
Thu 20th 12:30	Allotment & Gardening in Lowestoft	St Margaret's Road
Fri 21st 14:00	*New* Wellbeing Drop In @ REST	Heacham

*Week
3*



Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocia1

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

Sign Up!



Community Socials July 2023

Socials continued...

Date & Time...	Event...	Location...
Mon 24th 17:30	*NEW* Community Picnic	The Walks, King's Lynn
Tue 25th 13:00	Mindful Colouring with Realise Futures	Lowestoft Library
Tue 25th 15:00	Mindful Colouring	REST Norwich
Tue 25th 18:00	Monsters at the Museum in King's Lynn (D&D for Wellbeing) *Booking required*	True's Yard Fisherfolk Museum
Wed 26th 18:00	Quiz	Online
Thu 27th 12:30	Allotment & Gardening Lowestoft	St Margaret's Road
Fri 28th 15:00	Wellbeing Drop in @ REST	King's Lynn

Week
4

Mon 31st 13:30	Virtual Café	Online
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Week
5

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

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

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

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



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

 twitter.com/WellbeingSocia1

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

Sign Up!



MARRIOTT'S
WAY/WENSUM PARK
MONDAY 24TH JULY
10.30AM

Meeting at the entrance to
Wensum Park, NR3 2DD

DERSINGHAM BOG
MONDAY 31ST JULY
10.30AM

Meeting at Wolferton Car
Park, PE31 6HF

We know how good being out in nature can make us feel, so we're bringing you our Wellbeing Nature Walks to help everyone experience nature with like-minded people. These walks are a bit longer than our normal Wellbeing Walks so come prepared with water!

Nature Walks

wellbeing Socials

NHS
iapt

Wellbeing Champion Online Training

Wednesday 26th July (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



wellbeing Socials Walks July 2023

- **Diss – Tue 4th July , 10:30 – NEW!**
Meeting at Diss Town Sign, Diss Mere, Mere Street, Diss, IP22 4AD
- **Lowestoft Sea Front – Wed 5th July, 13:00**
Meeting by the Triton Statue - South Pier, Lowestoft , NR33 0AE
- **Waterloo Park, Norwich – Thu 6th July, 10:00**
Meeting at the Feed Café, Waterloo Park Pavilion, Norwich, NR3 3HX
- **Redwings Horse Sanctuary, Alysham – Fri 7th July, 10:30**
Meeting at Spa Lane, Alysham, NR11 6UE
- **Cromer – Fri 14th July, 10:30**
Meeting in front of Cromer Pier, Cromer, NR27 9HE
- **Norwich – Mon 17th July, 10:30**
Meeting at the steps of City Hall, St Peter’s Street, Norwich, NR2 1NH
- **Fen River, Downham Market – Tue 18th July, 12:30 – NEW!**
Meeting at the Train Station, Downham Market, PE38 9EN
- **Great Yarmouth Norfolk Coastal Path Walk– Wed 19th July, 10:30**
Meeting at The Boating Lake, near Munchies Café, North Drive, Great Yarmouth, NR30 4ET
- **Wymondham – Fri 21st July, 10:30**
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Heacham Beach Walk – Fri 21st July, 12:30 – NEW!**
Meeting at REST Heacham, 4 Popular Avenue, PE31 7EA
- **Wensum Park / Marriot's Way – Mon 24th July, 10:30 – NEW!**
Meeting at Wensum Park, Norwich NR3 2DD
- **Thetford – Tue 25th July, 10:30**
Meeting at the Light Cinema, 17 Bridge Street, Thetford, IP24 3AE
- **Redwings Horse Sanctuary, Caldecott – Fri 28th July, 10:30**
Meeting at Caldecott Hall, Beccles Road, Fritton, NR31 9EY
- **Riverside King’s Lynn – Fri 28th July, 12:30**
Meeting behind The Customs House, 1 King St, King’s Lynn, PE30 1ET
- **Wolferton / Dersingham Bog – Monday 31st July, 10:30 – NEW!**
Meeting at Wolferton Carpark, King’s Lynn, PE31 6HF

Our wellbeing walks are a great way to get out, get active and meet new people. Wellbeing socials are for anyone aged 16+, no booking required, just turn up!

 [facebook.com/WellbeingNorfolkandWaveneySocials](https://www.facebook.com/WellbeingNorfolkandWaveneySocials)
 twitter.com/WellbeingSocia1
 socials@wellbeingnandw.co.uk

Sign Up!





TCV July programme

TCV will finally be free of the dreaded Balsam scourge after the chance to explore a new section of riverside near Drayton, and then it's on to tackling bracken to rescue the precious heaths at Mousehold and East Ruston. 85% of Britain's heathland has been lost over the last 150 years, so we can't afford to lose any more, but TCV have now done over 500 task days on Mousehold since 2005 (when digital records began)! They have an intriguing new site to work on in Diss, and they will also be weeding wildflower meadows in the centre of the city at Rouen Road and on the Marriott's Way. If you get the chance, walk along the river at Wensum Park to see how spectacular our swathe of cornfield wildflowers looks there! TCV are also delighted to say that part of the Oulton Broad site will be open to the public soon, so they need to get ready for that too.

Please do send us anyone that you can think of; they will always be made welcome. Did TCV mention that they have nice biscuits, with a cool box to stop the chocolate melting!

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



NORFOLK DEAF Festival

FRIDAY 7TH AND SATURDAY 8TH JULY 2023

THE FORUM, NORWICH NR2 1TF

10AM TILL 4PM

- **WIDE RANGE OF NATIONAL AND LOCAL SERVICES**
- **INSPIRING DEAF ROLE MODELS TO ENTERTAIN YOU**
- **LEARN SOMETHING NEW, TRY SOMETHING NEW**
- **HAVE LOTS OF FUN!**

**EQUALITY, EMPOWER, EDUCATE, EVERYONE
WHATEVER YOUR HEARING LOSS, YOU ARE NOT ALONE**

Captioning, lipspeakers and BSL interpreters



@NORFOLKDEAFFESTIVAL

WWW.NORFOLKDEAFFESTIVAL.CO.UK



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



**Sprowston
Dementia
Friendly
Community Cafe**



**A relaxed, informal
and free drop-in
providing support
for people with
memory difficulties
and their carers**

**Carers and cared
for are welcome to
attend together**

**Come and join us on
the third Thursday
of every month
Time: 10 - 12
Place: Diamond Centre -
School Room
School Lane
Sprowston
NR7 8TR**

**We provide:
Companionship
Information and Advice
Opportunity for a private chat
Occasional speakers &
Therapists
Refreshments offered
throughout the morning**



Free Community Dementia workshops

Free Community Dementia Workshops



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

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

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

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

Our next dates are:

Tuesday 20th June 2023 at 11am-12:30 Clapham and Collinge Solicitors at St Catherine's House, All Saints Green, Norwich, NR1 3GA

Friday 21st July 2023 at 10:30-12:00 Diamond House, Vulcan Road North, Norwich, NR6 6AQ

For More information or to reserve a place contact Lauren on 01603 482116 or email lauren.pashley@homeinsteadnorwich.co.uk

Home Instead are the UK's leading provider of care at home for older people. We've helped tens of thousands of families through every imaginable situation, with home care that is truly personal to them.



Key to Care



JOIN US FOR

Key to *care*

Topics: Types of care available, later life planning, money and welfare advice.



TUESDAY, 27TH JUNE
TUESDAY, 25TH JULY
TUESDAY, 29TH AUGUST
11:00 am – 12:00 pm



Earlham Library,
Coleman Rd, Norwich



Tea and coffee provided.
See you there!



No prior reservation is necessary;
simply show up and join us. We invite
you to attend and discover more!

GOT QUESTIONS?

 01603 482116

 Lauren.pashley@homeinsteadnorwich.co.uk

01603 482116 Lauren.pashley@homeinsteadnorwich.co.uk

JOIN US FOR
Key to *care*

Topics: Care available in Norwich, dementia support and support for carers who care for their loved ones



WEDNESDAY, **28TH JUNE**
WEDNESDAY, **26TH JULY**
WEDNESDAY, **30TH AUGUST**

12:30-13:30



Hellesdon Library,
Woodview road, Norwich



Tea and coffee provided.
See you there!



No prior reservation is necessary. We invite you to attend and discover more!

Sit 2 Stand Fit

SIT 2 STAND FIT

A 45-minute fun and friendly, low impact exercise session for over 50s, followed by refreshments and a chance to socialise!



The first 12 sessions are free then £2 per session

Tuesdays 14:00-14:45 at The Christ Church Centre, Magdalen Road, NR3 4LA (beginning 4th July 2023)

- Ideal for those with limited mobility and those looking to help manage long-term health conditions.
- Each class is designed to help improve strength, balance, flexibility, general fitness levels and wellbeing.
- All exercises can be performed either seated, standing, or a combination of both, and adapted to suit individual fitness levels.
- Exercise in a relaxed, friendly environment with full support.





For more information:
Call Kelly on 07442549683 or email
Kelly.Parkin@ageuknorwich.org.uk

MECCA bingo





Over 50's Bingo with Age UK Norwich

Norwood Rooms, 285 Aylsham Rd, Upper Hellesdon,
Norwich NR3 2RE

-  Tuesday 25th July 2023 at 15:30-16:45
-  Session is free of charge!
-  Refreshments will be provided
-  A variety of non-cash prizes to be won!

To book:

 01603 496333

 activities@ageuknorwich.org.uk



Registered Charity Number 1094623



Puzzle 'N Cake



Age UK Norwich is at **The Boundary Pub (414 Aylsham Road, Norwich).**



5 h · 🌐

Don't forget our next Puzzle 'N Cake group is Monday 3rd July 2023! 🍰

If you haven't yet attended any of our Clubs and Trips, this one is perfect to start off with. You can chat to others in a relaxing environment, enjoy a slice of cake (or a cheese scone!) and complete a jigsaw puzzle at your leisure. 🙌

It's also a great opportunity to come along and speak to our friendly Information and Welfare advisor regarding any help you may need. 😊

If you are thinking about joining us, or would like to get some information on this group, please give us a call on 01603 496333 or email us at activities@ageuknorwich.org.uk. ❤️

[#AgeFriendlyNorwich](#) [#ClubsAndTrips](#) [#PuzzleNCake](#)



Puzzle 'N Cake

Join us for our over 50's coffee morning on
the first Monday of each month at
10:30-12:30!

- Hot drinks, puzzles and cakes will be provided. Donations are welcome.
- Make new friends in a calm environment.
- Gain help and support from a member of our Information and Advice team.

The Boundary Pub, 414 Aylsham Rd, Norwich
NR3 2SA

To book:

☎ 01603 496333

✉ activities@ageuknorwich.org.uk



Registered Charity Number 1094623

Coffee Club

Coffee Club

Over 50's dog-friendly coffee morning

Third Monday of each month at 10:30-12:00
Woods Coffee Bar, 26 Roundtree Cl, Norwich NR7 8SX

Special deals:

Any hot drink + any scone = £4

Any hot drink + any cake = £5

If you would like to come along, please call or email
beforehand on 01603 496333 or at
activities@ageuknorwich.org.uk.

First session is Monday 17th July 2023

WOODS
coffee
BAR

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

Registered Charity Number 1094623

Week 1 – 3rd July – 7th July

Day	Group Name	Start time	End Time	Location
Monday (03/07)	Puzzle N' Cake	10:30	12:30	The Boundary Pub, NR3 2SA
Tuesday (04/07)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (04/07)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (04/07)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (05/07)	Dance to Health - Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (05/07)	Arty Party	10:30	12:30	Buxton Lodge, NR6 7DB
Wednesday (05/07)	SIT-FIT – West Earlham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (05/07)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (05/07)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (06/07)	Walk for Wellbeing	10:00	11:30	Waterloo Park pavilion, NR3 3HX
Thursday (06/07)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (06/07)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (06/07)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (06/07)	SOTB Football Reminiscence	13:30	15:00	Carrow Road, NR1 1JE
Thursday (06/07)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (06/07)	St Stephen's Café	14:00	15:00	St Stephen's Church, NR2 1QP
Thursday (06/07)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Friday (07/07)	Veteran's Recall	10:30	12:00	Pilling Park Community Centre, NR1 4PA
Friday (07/07)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 2 – 10th July – 14th July

Day	Group Name	Start Time	End Time	Location
Tuesday (11/07)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (11/07)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (11/07)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (12/07)	Dance to Health - Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (12/07)	SIT-FIT – West Earlham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (12/07)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (12/07)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (13/07)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (13/07)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way. NR7 9AT

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



Thursday (13/07)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 1PA
Thursday (13/07)	SIT-FIT – West Earham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (13/07)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (13/07)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Friday (14/07)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 3 – 17th July – 21st July

Day	Group Name	Start Time	End Time	Location
Monday (17/07)	Coffee Club	10:30	12:00	Woods Coffee Bar, 26 Roundtree Close, NR7 8SX
Tuesday (18/07)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (18/07)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (18/07)	STAND 2 SIT FIT	12:30	13:15	Christ Church Centre, NR3 4LA
Wednesday (19/07)	SIT-FIT – West Earham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (19/07)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (19/07)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (20/07)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (20/07)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (20/07)	SIT-FIT – West Earham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (20/07)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (21/07)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 4 – 24th July – 28th July

Day	Group Name	Start Time	End Time	Location
Tuesday (24/07)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (25/07)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (25/07)	STAND 2 SIT FIT	12:30	13:15	Christ Church Centre, NR3 4LA
Tuesday (25/07)	Mecca Bingo	15:30	16:45	Mecca Bingo, 285 Aylsham Road, NR3 2RE
Wednesday (26/07)	Coach & Horses Lunch Club	12:00	15:00	Coach & Horse, 51 Bethel Street, NR2 1NR
Wednesday (26/07)	SIT-FIT – West Earham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (26/07)	Walking Football – West Earham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (26/07)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (27/07)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (27/07)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA

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



Thursday (27/07)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (27/07)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (27/07)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Friday (28/07)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Week 5 – 31 st July – 4 th August				
Day	Group Name	Start Time	End Time	Location
Monday (31/07)	Phoenix Centre Lunch Club	12:00	14:00	The Phoenix Centre, NR3 2LD
Tuesday (01/08)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (01/08)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (01/08)	SIT 2 STAND FIT	12:30	13:15	Christ Church Centre, NR3 4LA
Wednesday (02/08)	Arty Party	10:30	12:30	Buxton Lodge, NR6 7DB
Wednesday (02/08)	SIT-FIT – West Earlham	12:30	13:15	Cadge Road Community Centre, NR5 8DD
Wednesday (02/08)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (02/08)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (03/08)	Walk for Wellbeing	10:00	11:30	Waterloo Park pavilion, NR3 3HX
Thursday (03/08)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (03/08)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (03/08)	SOTB Football Reminiscence	13:30	15:00	Carrow Road, NR1 1JE
Thursday (03/08)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (03/08)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (04/08)	Veteran's Recall	10:30	12:00	Pilling Park Community Centre, NR1 4PA
Friday (04/08)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA



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

Upcoming dates

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!



Subject to change Registered Charity Number 1094623

Friends of Age UK Norwich

		Monday	Tuesday	Wednesday	Thursday	Friday
JULY 2023	week 1 3rd - 7th July	Chatter & Natter Table John Lewis Norwich Community Space 10:30 - 11:30 Strength & Balance Breckland Hall 13:30 - 14:30	Corton House - Community Cafe Jubilee Community Centre 13:00 - 15:30 Be Active, Keep Moving Norman Centre 17:30 - 18:30	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 10th - 14th	Knit & Natter Orchard Rooms 11:00 - 13:00 Strength & Balance Breckland Hall 13:30 - 14:30	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* The Phoenix Lounge Phoenix Centre 12:00 - 14:00	Eaton Park Walk Meet at Eaton Park Community Centre 13:30 - 15:30 Eaton Film Club Eaton Park Community Centre 14:00 - 16:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00 Morrisons Wellbeing Cafe Morrisons, Riverside 11:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30
	week 3 17th - 21st	Norwich City Centre Walk Meet at City Hall 10:30 - 11:30 Strength & Balance Breckland Hall 13:30 - 14:30	Namco Funscape Bowling Bowthorpe 10:00 - 13:00 Be Active, Keep Moving Norman Centre 17:30 - 18:30	St Matthews - Cuppa, Care & Chat St Matthews Church 10:30 - 12:00 St George's Hotspot St's Georges Church 10:30 - 13:00	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 24th - 28th	Chatter & Natter Table John Lewis Norwich Community Space 10:30 - 11:30 Strength & Balance Breckland Hall 13:30 - 14:30	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* The Phoenix Lounge Phoenix Centre 12:00 - 14:00	Circuits Norman Centre 12:15 - 13:15 The Norwich Out & About Club Chapelfield Road Methodist Church 10:30	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 5 31st July	Strength & Balance Breckland Hall 13:30 - 14:30 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	Amend corton house to tuesday on website details			

*Pit Stop groups are for men only

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

To book click below-

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

Information and Advice Events

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



Information and Advice events calendar

July 2023

Monday 3rd	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.
Monday 10th	The Shoebox Hub 10:30 - 12:30 21-23 Castle Meadow A Community Hub with various events on throughout the week. Age UK Norwich will be providing Information and Advice to anyone that would like to drop in.
Monday 10th	Social Supermarket 10:00 - 12:00 The Feed, Hall Road Age UK Norwich will be offering Information and Advice in the cafe, with a private meeting room available for any confidential discussions.
Wednesday 12th	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.
Wednesday 12th	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.
Thursday 13th	St Elizabeths Church 11:00 - 12:30 Cadge Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Thursday 13th	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.
Friday 14th	The Phoenix Centre Food Bank 10:00 - 12:00 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.
Monday 17th	Witard Road Baptist Church 2:00 - 3:30 Wittard Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Thursday 20th	Witard Road BC Community Cafe 10:00 - 1:00 Wittard Road Come along to the WRBC Cafe where one of our Advisors will be available for Information and Advice. A private space is available for any confidential discussions.
Tuesday 25th	Key to Care at 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 26th	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 26th	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.
Thursday 27th	St Elizabeths Church 11:00 - 12:30 Cadge Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Monday 31st	The Phoenix Centre Community Cafe 11:00 - 1:30 Mile Cross Road One of our Information and Welfare Advisors will be available at this location for anyone over 50 needing Information or Advice. A private room is available for confidential discussions.
Monday 31st	Witard Road Baptist Church 2:00 - 3:30 Wittard Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.

Age UK Norwich is the operating name of Age Concern Norwich, a company limited by guarantee. Company number: 4489595 Registered Charity Number: 1094623

Breckland Community Forum

Breckland Community Forum is a quarterly virtual meeting for community organisations, groups and individuals in Breckland to have the chance to get to know each other, share ideas and service offers. The forum is organised by the Norfolk Libraries team at libraries in Breckland.

Guest speakers are invited to share any important service updates that can help our community, as well as giving services the chance to give brief updates at each meeting.

The meetings are held virtually on Teams with notes and presentations from the meeting sent to everyone on our mailing list, so even if you are unable to attend the meeting you will still get the updates.

Please get in touch with one of the forum team if you would like to be added to the mailing list and receive an invite to the next meeting. Invites can be sent as calendar invites which will show your email, or as a private link if you use a personal email account.

Contact the library team in Breckland

daniela.wisniewska@norfolk.gov.uk

Thetford Library

janet.cunningham@norfolk.gov.uk

Dereham & Swaffham Libraries

kaleigh.garrod@norfolk.gov.uk

Attleborough & Watton Libraries

The next virtual forum will be on Thursday 17th August 2023, 10.30am-12noon.

Upcoming Creative Socials...

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



Thurs 13th July
Fri 14th July
Fri 21st July

South Asian Music Making with Samia Malik



Join Samia where she will be promoting an understanding and deeper appreciation of South Asian Music and Singing!

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



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

Mosaic Making with Maggie Campbell

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

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

Limited spaces,
advance
booking
essential

Fancy coming along to a Creative Social?

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

See our contact details on the reverse of this flyer!



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



FREE hot drink
and cake!



BRECKLAND

AFTERNOON EVENTS

Live performances and cinema
screenings for people aged 50+

Songs to Heal and Empower by Samia Malik

*"Truly moving, compelling
and highly original"*



Thursday 27th July
Attleborough Town Hall
1.30-3pm

Featuring original bilingual songs
in English and Urdu

Come along!

Free to attend - voluntary donations welcomed.
Turn up on the day or book a ticket via
ticketsource.co.uk/creative-arts-east

Find out more...

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

Scan to
book tickets



Coffee and Crafts workshop



Coffee and crafts workshop

This free, friendly and non-judgmental space to chat is open to anyone over 16 who's been affected by any kind of domestic abuse.



 Thetford Library

 14 June, 5 July,
2 August, 6 September,
4 October, 1 November

 12-2pm

 Refreshments and materials provided

 help@daisyprogramme.org.uk

 daisyprogramme.org.uk

Everyone deserves a life after abuse.

The Daisy Programme, Registered Charity Number 1166033

samphire-homes.co.uk



Supported By Breckland Council



Volunteer open day

Would you like to discover what is available in your local area? Meet new people or help your local community?"

Come along to our free event where there will be a range of local organisations who will be available to talk about what they are offering and how you can get involved.

July 7th, From 10am to 2pm

**Breckland District Council Elizabeth House
Walpole Loke, Dereham, NR19 1EE**

More information :  01362545020  office@communityactionnorfolk.org.uk

East Norfolk

Feather Future open day



**We are delighted to
announce ...**

Feathers Futures Open Day

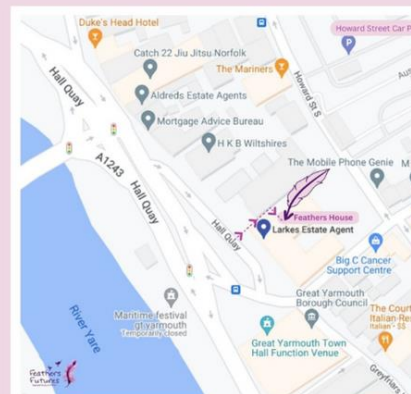
we'd love you to come and join us

We will be joined by lots of other local organisations who will be sharing information about the amazing support they provide in our local community too.

Date: Thursday 6th July

Time: 10am-3pm

Throughout the day -
refreshments, demonstrations,
craft activities



**Address: 25-26 Hall Quay,
Great Yarmouth**

NR30 1HP

01493 268222

RSVP: admin@feathersfutures.org



**Feathers
Futures**
Registered Charity no.1187930

GREAT YARMOUTH CREATIVE SOCIALS

FREE hot drink
and cake at
all events!



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

Want to come along?

All events are free to attend!

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

Find out more...

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



See what's coming
up overleaf!





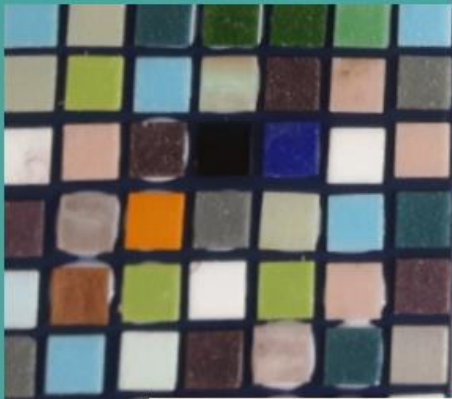
Tuesday 4th July

JULY

South Asian Music Making with Samia Malik

Join Samia where she will be promoting an understanding and deeper appreciation of South Asian Music and Singing!

St George's Theatre Café, 1-3pm



Tuesday 1st August

AUGUST

Mosaic Making with Maggie Campbell

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

Limited spaces,
advance
booking
essential

St George's Theatre Café, 1-3pm



Tuesday 5th September

SEPTEMBER

Movement with Vanhulle Dance Theatre

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

St George's Theatre Café, 1-3pm

FUN | FRIENDLY | ADAPTABLE | INCLUSIVE

Find out more at creativeartseast.co.uk

North Norfolk

Merchants Place, Cromer- Events

FREE ADVICE

at Merchants' Place

MAP Youthbank.

Thursdays, 4pm - 6pm.

For people aged between 13 - 17, free group to make a difference.

Norfolk and Waveney MIND.

Wednesdays, 9am - 12noon.

Free mental health drop-in.

NHS Wellbeing Service.

Free self-referral available for counselling sessions.

All About Mum Group.

Mondays, 9:30am - 11:30am.

For Mums with baby's 12 months old or younger.

Specsavers Hearing Tests.

Free self-referral appointments available.

Menscraft.

Thursdays, 10:30am - 12:15pm.

A free group for men to make new connections, join activities and improve wellbeing.

Vision Norfolk.

Monthly drop-ins for people who are visually impaired.

GET ONLINE

Learn to use your Tablet or Smartphone

FREE COURSE!

Still getting to grips with your Tablet or Smartphone? Look no further as our four week beginners course will help you get organised online.

During the course you will:

- Learn how to navigate your device to get the most out of your device.
- How to connect to different Wifi networks.
- Get to grips with your settings, alarms, downloading Apps, Maps, using the camera, iCloud, Google storage, turning up the volume, contrast settings and more.
- Explore online shopping, banking, booking appointments, restaurants or days out.
- Learn different ways to connect with others through video calls, WhatsApp, Facebook, Social Media and set up your email account.

Start Date: Monday 05 June 2023

Start and finish time: 13:30 to 15:30

Duration: 4 lessons over 4 week(s)

Location: Merchant's Place Cromer

Fee: FREE


Course Code: DIGDT4822P

Find out more:

**www.norfolk.gov.uk/adultlearning
0344 800 8020 (option 5)**

 **@norfolkadultlearning**

 **@norfolklearn**

 **@norfolk_adult_learning**

Working with Children



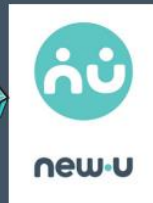
If you are thinking of a career with children, you're in the right place! Including topics of communication, Safeguarding, as well as qualification and job options, this short course is the first stepping-stone in your journey to working with children

Merchant's Place, Cromer
Working with Children EY0CT0122Z
Course starting 21/06/2023
09:30-11:30

To book, scan the QR code or visit:
www.norfolk.gov.uk/adultlearning
0344 800 8020 (option 5)

Upcycling workshops

Cromer



FREE UPCYCLING WORKSHOPS

Cromer Community Centre,
Garden St, Cromer,
NR27 9HN



Learn how to make rugs
& bunting from pre-loved
clothing that can no
longer be worn.

Wednesdays 10am-1pm

Fridays 10am-1pm

Contact us: hello@new-ultd.co.uk to find out more

Finished items will raise vital funds for our charity

UK Registered Charity 1186761

www.new-ultd.co.uk

[@thenorwichwapshop](https://twitter.com/thenorwichwapshop)





FREE UPCYCLING WORKSHOPS

Sheringham Library,
New Road, Sheringham,
NR26 8EB



Learn how to make rugs,
bags, bunting & cushions
from pre-loved clothing

borrow discover connect

First Tuesday of every month from 2-4pm
starting from June 6th 2023

Contact us: hello@new-ultd.co.uk to find out more

Finished items will raise vital funds for our charity

UK Registered Charity 1186761

www.new-ultd.co.uk

@thenorwichswapshop



Norfolk
County Council



FREE UPCYCLING WORKSHOPS

Mundesley Library,
18 Cromer Road, Mundesley,
NR11 8BE



Learn how to make rugs,
bags, bunting & cushions
from pre-loved clothing



First Friday of every month from 2-4pm
starting from June 2nd 2023

Contact us: hello@new-ultd.co.uk to find out more

Finished items will raise vital funds for our charity

UK Registered Charity 1186761 www.new-ultd.co.uk

[@thenorwichswapshop](https://twitter.com/thenorwichswapshop)

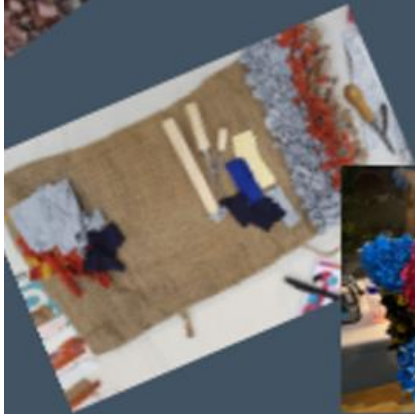


Norfolk
County Council



FREE UPCYCLING WORKSHOPS

Coastal Health & Wellbeing,
Mill Road, Wells-next-the-sea,
Norfolk, NR23 1RF



Learn how to make rugs,
bags, bunting & cushions
from pre-loved clothing

Second Monday of every month from
2-4pm starting from June 12th 2023

Contact us: hello@new-ultd.co.uk to find out more

Finished items will raise vital funds for our charity

UK Registered Charity 1186761

www.new-ultd.co.uk

[@thenorwichswapshop](https://twitter.com/thenorwichswapshop)





FUNDING AVAILABLE

for Local Community Groups, Charities and Social Enterprises... *Let us help you get it!*

We support local community groups, charities and social enterprises with a range of topics, but the biggest area we get asked about is funding.

We can help with:

- ✓ **Funding search:** What is available that your group can apply for NOW, plus advice on searching for funding for yourself.
- ✓ **Application advice:** How to put together a fundable project and a strong application.
- ✓ **Income streams:** Advice on other potential income streams.
- ✓ **Help with other challenges:** (rising costs, volunteering or accessing services).

FREE ADVICE SESSIONS

12
JULY

North Walsham Library
10:30am-12:15pm (drop in)

12
JULY

Cromer Library
1:00-4:00pm (booked 1:1*)

13
JULY

North Walsham Library
1:00-5:00pm (drop in)

*To book a 1:1 please email: rob.whitwood@beinspiredtoday.org

INSPIRE 
NORTH NORFOLK
www.beinspiredtoday.org

In partnership with BIPC Norfolk and Norfolk Library Service.

Business & IP Centre
Norfolk

 **Norfolk**
County Council

West Norfolk

WNSA British Sign Language Taster

WNSA

The Deaf Centre, Railway Rd,
King's Lynn, PE30 1NF



BRITISH SIGN LANGUAGE TASTER

Saturday 22nd July 2023
at 10.30am to 11.30pm.

£2 per person

PLEASE CONTACT US TO STATE YOUR ATTENDANCE

Email : shbsl2018@gmail.com

Website : www.shbsl.co.uk

Sign Video : 01603 652590



FAMILY FIRST AID AWARENESS



This could be the most valuable 2 hours of learning you have ever spent. Choking, head injury and fracture all are medical emergencies that children may experience. Do you know how to respond? This fantastic **FREE** paediatric first aid workshop will give you the knowledge and skills to make a difference and potentially save a life. Find out about how to carry out an assessment of a patient, the recovery position, dealing with burns and bleeding and CPR.

Date: Monday 17th July 2023

Time: 10:00 – 12:00

Venue: Dersingham Library **Course Code:** FLATW0822P

Cost: FREE **Duration:** 1 session

To find out more and book your place:

www.norfolk.gov.uk/familylearning

0344 800 8020 (option 5)



Online, Safe and In Control

At your Library



- **Get Online** - help with basic digital skills (using the internet, using a computer)
- **Stay Safe** - guided information about scams and how to find reliable information
- **In Control** - supporting people to be confident with things like online shopping, using comparison sites etc



King's Lynn Library

1-1 Sessions Available

For more information call

01553 772568

Sessions are Free!

borrow discover connect

Ofcom
making communications work
for everyone

 **Norfolk County Council**

Events at Downham Market library

WHAT'S ON every week at Downham Market Library

For Adults	For Children & Families										
<p>Veterans Café 10.30-12.30 FREE drop in - café for veterans to share and support each other over a brew Tuesday</p> <p>BORED GAMES 2-3.30pm FREE drop in - come play Scrabble, Chess or other games, whilst enjoying a biscuit and a brew</p> <p>LIBRARY BOOK GROUP 5.30-7pm £1 drop in - 1st Tuesday of month</p> <p>INTERNATIONAL CLUB 5.30-7pm FREE drop in - 2nd Tuesday each month</p> <p>STITCH HAPPENS 2-3.30pm FREE drop in - 1st & 3rd Weds of each month - all needlecrafts and crafters welcome Wednesday</p> <p>SEND café 1.30-3.00pm FREE drop in - 2nd & 4th Weds of each month - café for SEND parents/carers to share and support each other</p> <p>Menopause Café @thelibrary from 5.30pm FREE drop in 2nd/4th Weds of month - Drink, Eat, Discuss Menopause... [held in a private room]</p> <p>ESOL Classes - Improve your English skills FREE drop in sessions at 10.30am [beginners] & 11.30am [improvers] Thursday</p> <p>BEREAVEMENT CAFÉ 12.30-1.30pm FREE drop in café for the bereaved</p> <p>CRAFT CONNECTION 2-3.30pm - get creative, get together & have fun with different crafty projects each week - £3 per week Booking Essential</p> <p>JUST A CUPPA 10.30-12.30pm FREE drop in and meet others for a friendly chat over a brew Friday</p>	<p>UNDER 1 FUN 11- 12 noon - FREE - drop in - play and tummy time for babies TUESDAY</p> <p>4 O'clock club - LEGO CLUB - FREE - drop in. Building fun for children and families</p> <p>WRIGGLY READERS 10.30-11am - FREE - drop in - Baby Storytime for under 2s WEDNESDAY</p> <p>UNDER 1 FUN 11- 12 noon - FREE - drop in - play and tummy time for babies</p> <p>4 O'clock club - Lego Club - Free - drop in. Building fun for children and families</p> <p>BOUNCE & RHYME 11-11.30am - FREE - drop in - Songs and Rhymes, suitable from birth THURSDAY</p> <p>STEAMLAB 4-5pm - FREE Booking Essential hands on Science, Technology & Experiments for 8+</p> <p>MINI MOVERS 10.30-11.30am - FREE - fortnightly Booking Essential moving to music and activities for pre-schoolers FRIDAY</p> <p>4 O'clock club - FAMILY FUN FRIDAYS - FREE - drop in. Games, drawing & activities for all the family Autism Friendly Library</p> <p>CRAFTERNOON 2-3.30pm - FREE - drop in Crafts for children SATURDAY</p> <p>CODE CLUB 2-3.30pm - FREE Booking Essential Computer coding for children 7+</p>										
<p>We rely on donations to support our clubs & buy materials, please donate if you can - suggested donation £1 per child</p>											
<p>To book events:</p> <div style="display: flex; align-items: center;"> <p>Access Community Trust - Fridays 10.30am - 1pm drop in FREE help for jobseekers</p> </div> <p>Free Legal Advice 1pm - 3pm 2nd Friday of month - book with staff</p> <p>or go to bit.ly/3Jw52QA</p>	<div style="display: flex; align-items: center;"> <table style="border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;">Open Libraries:</th> <th style="text-align: left; padding: 5px;">Staffed hours:</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Mon 8am - 7pm</td> <td style="padding: 5px;">Tues - Fri 10am - 7pm</td> </tr> <tr> <td style="padding: 5px;">Tues - Fri 8am - 10am</td> <td style="padding: 5px;">Sat 1pm - 4pm</td> </tr> <tr> <td style="padding: 5px;">Sat 8am - 10am</td> <td></td> </tr> <tr> <td style="padding: 5px;">Sun 10am - 4pm</td> <td></td> </tr> </tbody> </table> </div> <p style="text-align: right; margin-top: 10px;"> Norfolk County Council</p>	Open Libraries:	Staffed hours:	Mon 8am - 7pm	Tues - Fri 10am - 7pm	Tues - Fri 8am - 10am	Sat 1pm - 4pm	Sat 8am - 10am		Sun 10am - 4pm	
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WEST NORFOLK CREATIVE SOCIALS

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

Want to come along?

All events are free to attend!

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

Find out more...

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

FREE hot drink
and cake at
all events!



See what's coming
up overleaf!





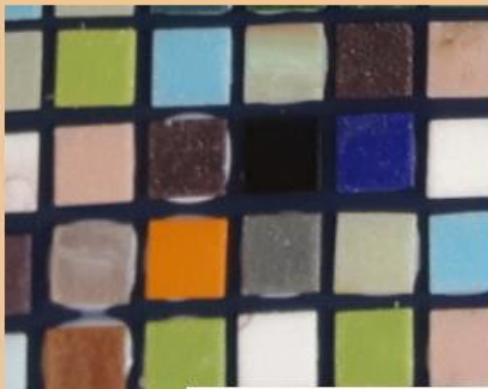
Monday 10th July
Wednesday 19th July

JULY

South Asian Music Making with Samia Malik

Join Samia where she will be promoting an understanding and deeper appreciation of South Asian Music and Singing!

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



Monday 14th August
Wednesday 16th August

AUGUST

Mosaics with Maggie Campbell

Limited spaces,
advance
booking
essential

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

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



Monday 11th September
Weds 20th September

SEPTEMBER

Movement with Vanhulle Dance Theatre

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

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

Information

and

advice

Norfolk and National



Norfolk County Council

Norfolk County Council-

Library news

Norfolk Library and Information Service

Online, Safe and in Control

Do your grandparents need help getting online? Has a neighbour been falling victim to internet scams? Or is one of your friends hoping to become a master of social media, price comparison, and online banking?

We can help! With funding from Ofcom, Norfolk Libraries are running free one-to-one and drop-in sessions around three key themes: basic digital skills to enable you to get online; identifying scams and misinformation to stay safe; and being able to use the internet with confidence to keep you in control.

Sessions are being held at the following locations and times:

[King's Lynn Library](#) on Mondays, 11am - 1pm. One-to-one support can be booked by speaking with a staff member or by calling 01553 772568.

[Great Yarmouth Library](#) on Tuesdays, 10am - 12pm. One-to-one support can be booked by speaking with a staff member or by calling 01493 844551 or 01493 842279.

[Thetford Library](#) on Thursdays, 10am - 12pm. One-to-one support can be booked by speaking with a staff member or by calling 01842 752048.



READING FRIENDS

Reading Friends

Since the summer of 2020, every Tuesday evening our Reading Friends group for adults meets at 6.30pm online, to relax, listen to the first few chapters of a book being read aloud, and share their views. We've read prize winning novels, nature writing, Norfolk reminiscences and much more over the years.

If you'd like to join in, email libraries.iconnect@norfolk.gov.uk and we'll send you an invite.



July Online Book Club

Our book club choice for July is Emma Donoghue's [The Wonder](#), a novel which Stephen King described as 'impossible to put down'.

If you'd like to join the chat on Wednesday 26 July at 8pm, please email libraries.iconnect@norfolk.gov.uk and we'll send you a Zoom invite.



Costessey Library 60th Birthday

Costessey Library first opened its doors on 21 May 1963 and to celebrate 60 years on Breckland Road, staff held a party on Saturday 20 May, as a result the library has been loaned a fascinating display of photos of the history of Costessey from the Costessey Memories Club along with 'Memories' binders full of photos. These will continue to be on display throughout the month and the binders are available to view by request. You can find the library's opening hours [here](#).

borrow discover connect

 **Norfolk** County Council

NHS Cancer Connect: Device Gifting for People Affected by Cancer in Norfolk and Waveney

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

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 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
- 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, or you know someone who may qualify, please call the library on 01603 774777 or email libraries.iconnect@norfolk.gov.uk to gain a bit more information and receive the referral form.

borrow discover connect



SKILLS FOR LIFE MULTIPLY

Making Maths and Numeracy Fun

The seven new Multiply Champions, one for each district in the county, have been employed by the council to promote numeracy skills in people over 19 without a GCSE at grade 4/C. Making maths accessible, approachable, and engaging is one of the key challenges for the new Champions. They will attend events, community hubs, and libraries to help inspire people to take up a variety of courses on offer. The Multiply project is a national project which awarded Norfolk County Council a government grant to develop a curriculum of courses until April 2025 which would be delivered by partners such as Norfolk Adult Learning, local colleges, and smaller community based training providers. The Multiply project enables Norfolk County Council to distribute funding to learning partners to deliver a variety of courses to boost confidence and skill with maths. The range of courses include preparation for maths qualifications, such as Functional Skills, help with managing money, and courses aimed at specific workplaces which will be delivered alongside employers.

More information is available on www.norfolk.gov.uk/multiply or contact the team directly multiply@norfolk.gov.uk

Major traffic light and road surface upgrade Boundary Junction, Norwich

The replacement of the traffic signals equipment is urgent to ensure the future reliability of the junction as regular faults are now occurring. Replacing the traffic signals as planned works will result in some short-term disruption but will ensure long term reliability for many years. This work is part of a wider and ongoing upgrade programme across the county. This major scheme is to replace all of the traffic lights (for vehicles, cycles and pedestrians) at the Boundary junction, essential road resurfacing of the ring road at Boundary junction and replacement of the traffic lights between Reepham Road and Cromer Road.

The work at the ring road junction includes significant but necessary improvements to the infrastructure including installation of 650m of underground ducting, 14 underground inspection chambers and 16 bespoke fixings for the new traffic signal poles. In total, 41 new traffic signal poles will be installed, and the new LED traffic lights will cut power consumption and remove the need for regular maintenance that the old style lights need. The replacement of the traffic lights between Reepham Road and Cromer Road is being done while the Boundary junction work is underway - as doing this work slightly sooner than planned, will cut future disruption.

<https://www.norfolk.gov.uk/roads-and-transport/roads/road-maintenance/traffic-lights/norwich-boundary-junction>



NASP Call blockers

NASP are reminding all partners that they can still apply for call blockers on behalf of a customer or client who they consider would benefit from having one fitted. It has been identified that call blockers can help protect adults who are susceptible to scam and nuisance calls. If you have a customer or client you think could benefit from a call blocker you can complete the application form online at forms.office.com/r/3Sx1KCVASF

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

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



INTRAN

INTRAN began in 2000 with a handful of Norfolk-based public sector organisations who wanted to make a change and combat local accessibility challenges. They were concerned that people who were Deaf, or who did not speak English fluently, often did not have access to public services – except in serious or emergency situations.

INTRAN has worked closely with the public sector to overcome these challenges, developing a range of high quality interpreting and translation services to attract a diverse public membership, and enable them to communicate effectively with local communities, clients, and patients.

<https://intran.org/about-us>



Remap

Remap custom-makes equipment to help disabled people live more independent lives.

For Norfolk Central contact Dr Andrew New on 07905 243122

For Norfolk West contact John Charnock on 01553 631872 or
norfolkwest.treasurer@remapgroups.org.uk

Great Yarmouth & Lowestoft areas are not accepting referrals at present.

For leaflets, please email data@remap.org.uk

Website- <https://www.remap.org.uk>

Equipment custom made for you



Remap

making things possible



Remap
making things possible



Remap is a charity that helps disabled people of all ages to live more independent lives by designing and making customised equipment free of charge.

Thanks to Remap, Oscar (*front page*) can play with his toys without help from a grown up and Eilian (*above*) can get out and about independently.

Remap provides solutions to everyday problems when there is nothing commercially available. We design and custom make equipment for individuals because everyone's needs are different. Our skilled volunteers respond to thousands of requests for our help every year and we provide our service completely free of charge.

In each and every case we come up with a personal solution.

Can Remap help you?

Can we help you?

call us on
01732 760209

email us at
data@remap.org.uk

or visit our website
www.remap.org.uk



www.facebook.com/Remap.org



@RemapUK



@RemapUK

Remap 2010, a charitable company limited by guarantee registered in England & Wales with company number 07316433 and registered charity number 1137666.

Remap
making things possible



Remap is a charity which connects volunteer inventors with local disabled people to help them achieve greater independence and enjoyment of life's opportunities.

Our volunteers provide ingenious solutions to problems like how to climb Snowdon if you use a wheelchair, or how to watch a football match if you're virtually blind. Their skills make things possible for people when there's nothing commercially available to help them.

Remap volunteers are people who enjoy making things well, things that work reliably and get the job done. If you like problem-solving and have a strong practical streak, we'd love to hear from you!

If you're interested in volunteering with Remap

call us on
01732 760209

email us at
volunteer@remap.org.uk

or visit our website
www.remap.org.uk

Central Office
D9 Chaucer Business Park,
Kemsing, Sevenoaks
Kent TN15 6YU

Remap 2010, a charitable company limited by guarantee registered in England & Wales with company number 07316433 and registered charity number 1137666.



If you're affected by Parkinson's, we're here to **help maximise your digital skills**

Parkinson's UK and AbilityNet have joined forces to help people with Parkinson's learn how to use digital devices with confidence – all for free.



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

Our tech volunteers can help you:

- get support with everyday digital tasks, like doing an online shop, chatting online with friends and family, setting up a printer or using social media
- connect with other people with Parkinson's through the Parkinson's UK online forum and support networks
- discover what assistive technologies are available to you, to help make using technology easier
- boost your skills and confidence with online services and resources to help manage Parkinson's.

Speak to AbilityNet or Parkinson's UK today to find out how to get free tech support from one of our AbilityNet tech volunteers.

Contact AbilityNet on: 0800 048 7642
enquiries@abilitynet.org.uk
abilitynet.org.uk/parkinsons

Contact Parkinson's UK on: 0800 800 0303
getonline@parkinsons.org.uk
parkinsons.org.uk/get-online

AbilityNet is a charity that supports older and disabled people to use technology and aims to create a digital world accessible to all. Registered charity in England and Wales (1067673), and in Scotland (SC039866).

Parkinson's UK is a charity that works to improve life for everyone affected by Parkinson's. Registered charity in England and Wales (258197) and in Scotland (SC037554). Image supplied: Centre for Ageing Better



MIND- Complex Bereavement

The Complex Bereavement Service is supported by Norfolk County Council's Public Health Department and the NHS Norfolk and Waveney Integrated Care Board (ICB) and has been created as a result of a greater need for suicide prevention and complex bereavement support in Norfolk and Waveney. Those bereaved and affected by suicide or during the pandemic who may face a host of conflicting feelings: anger mixed with sadness; love and hate for the person who died; guilt often alternating with anger and blame for self and others.

[SAIL \(Support After Immediate Loss\)](#) – offers 1:1 emotional & practical support for up to 12 sessions for those bereaved by suicide. Support is aimed at those who are still waiting for inquest.

[Anchor Support Group](#) – is aimed at those bereaved by suicide and over eight weeks offers a safe space where you can connect with others who have had similar experiences, which may help to reduce feelings of isolation.

[Cove 1:1 & Support Group](#) – Cove Project (supporting those bereaved during the pandemic) is closed with immediate effect for new referrals for 1:1 support.

MIND are still running Cove bereavement support groups until later this year and clients are welcome to join their monthly Complex Bereavement cafes held at various REST hubs. <https://www.norfolkandwaveneymind.org.uk/complex-bereavement>

Butterfly Volunteers at NNUH

A Butterfly Volunteer can support by:

- Introducing themselves when they enter the room and check that it's a convenient time to visit.
- Liaising with the care team for the patient they are visiting on behalf of them or their family.
- Trying to find out a little more about the person they are supporting so that they can personalise the visit.
- Encouraging visitors to bring in items to personalise the bedspace for their loved one.
- Taking their time – quality of visits is much more important than quantity.
- Leaving the room if a Clinician or nurse needs to see your loved one.
- Letting the named nurse/ward clerk know when they are leaving.

A Butterfly Volunteer will not:

- Move or reposition your loved one
- Offer clinical advice
- Provide personal or mouth care to your loved one
- Feed your loved one
- Stay if you would prefer to have time alone

Feedback

"Thank you for the time you spent with my Mum. I am so grateful she had someone sitting with her when she died. It made losing her just a little bit easier"

"My thanks for the support of you and your Butterfly team. Everyone I tell about your support at the hospital think what you are doing is wonderful. It was of great comfort to know someone was able to be with my wife in addition to my visits. All of those in the team I had the privilege to meet were so kind and caring"

"Butterfly Volunteers are angels – just a wonderful idea and so much needed"

Key contact details

Caroline Stevens, Volunteer Co-ordinator
caroline.stevens@nnuh.nhs.uk
 Telephone: 01603 647942 or Ext 7942

Hours of operation

Monday – Friday, 10am - 6pm
 Saturday and Sunday, 10am - 4pm

IN TRAN
 communication for all

Date: March 2023 Review date: March 2025

Our Vision
The best care for every patient

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

Butterfly Volunteers at the NNUH



Supporting patients and their families in the last stages of their life

You have been given this leaflet as you or your loved one may benefit from the support of a Butterfly Volunteer at this time.

Who are Butterfly Volunteers?

Butterfly Volunteers provide company and companionship to hospital patients and their families in the last weeks, days and hours of their lives.

We were originally set up in collaboration with the Anne Robson Trust sharing the mission that **no-one should die alone**.

The volunteers are drawn from the local community and are from all backgrounds, genders, and ages.

All Butterfly volunteers are trained to undertake this role, with additional input from our Specialist Palliative Care Team and Spiritual Healthcare Team.

All Trust volunteers also undertake annual mandatory training covering IG, Safeguarding, Infection Control, Health & Safety etc. and have specific knowledge of the hospital they are volunteering in.

Some have supported their own loved ones at the end of their life, and they all have a compassionate and empathetic nature. Many, but by no means all, have experience working the caring community.

"How people die remains in the memory of those who live on"
 Dame Cicely Saunders
 Founder of the Hospice Movement
 (1918 – 2005)

A Butterfly Volunteer Can

Our Butterfly Volunteers can to help in the following ways:

- Offering companionship and comfort
- Listening to your loved one if they are able and wish to talk
- Offering return visits from a fellow volunteer
- Advocating on behalf of you or your loved one
- Referring on to other services i.e. Chaplaincy via their co-ordinator
- Offering support to relatives by way of:
 - Making refreshments
 - Sitting with your loved one whilst they take a break
 - Sitting with the relative, listening, providing comfort
 - Organising a Carer's passport



Uniform



Butterfly Volunteers are easily recognisable by the purple polo shirts that they wear.

Other resources

The Anne Robson Telephone Support Service
 The main purpose of the service is to provide support to anyone who is struggling with the imminent death of someone they care about, by offering someone for them to talk to call 0808 801 0688

The service is free and confidential

Service available Monday – Fridays including Bank Holidays

*Callers can leave a message to ask for a call back, anytime, 24/7 calls are completely free from all UK landlines and mobiles

To find out more please visit our website
www.annerobsontrust.org.uk

AnneRobson Trust

Social Prescribing



People's health is affected by lots of different factors.

The Living Well Team offers information, advice and guidance in relation to non-medical issues and so helps to improve overall health and well-being.

"Thank you so much for everything, I feel like your help and inspiration have given more hope and opportunity to improve my life. I'm forever grateful."

"I cannot thank you enough. It's a massive weight lifted and I can see clearly for the first time in years. Thank you for all that you have done."

"Thanks ever so much for work you are putting in for getting me sorted. I really do appreciate it. I don't feel so overwhelmed and alone anymore."



Advice and guidance for health and wellbeing

Do you have non-medical issues that you would like help with?

Are these issues affecting your health and well-being?

The Living Well Team may be able to help.

For more information, speak to your GP, health or social care professional.



What is Social Prescribing?

Social Prescribing aims to improve your health and wellbeing by offering tailored advice and guidance which will support you in working towards achieving your goals.



Who are the Living Well Workers?

Living Well Workers are quality assured advisers based in Norwich at these five organisations:



You will be referred to the most suitable adviser in the team based on the type of support that you are looking for. We offer advice and guidance on a range of issues including:

 Housing	 Budgeting and Debt
 Benefits	 Education and training
 Mental Health	 Rights and Responsibilities
 Activities, clubs and groups	 Care
 Family and Relationships	 Work
 Blue badges and transport	

What does a Living Well Worker do?

Living Well Workers will:

- Give you time to talk through your issue in confidence
- Help you identify priorities
- Provide information and practical advice
- Support you in setting goals
- Identify how those goals might be met
- Direct you to local sources of support
- Manage referrals to other specialist services
- Encourage independence


How do I get support?

Any health or care professional can refer you to the Social Prescribing team. This might be your GP, nurse or social worker. Just let them know what you would like some extra support with. They will share this information with us so that we can allocate your case to a Living Well Worker.

A Living Well Worker will then get in touch to arrange an initial appointment where you can talk, in confidence, about what it is you need help with. The Living Well Worker will then help you to set priorities, decide on the level of support that you will need and put together a plan of action.



Living Well Workers offer a person-centred approach. This means that you are in control of your own plan but the worker will stay with you as you move towards your goals and provide you with regular contact so that you can stay on track. This contact can be by phone, text, e-mail, letter or face to face at a GP surgery or other location.





The Cinnamon Trust

The National Charity for elderly and terminally ill people and their pets



Walkies?

Does your dog miss his daily walk? If you are an elderly or terminally ill owner and would like some help please contact us.

Tel: 01736 757900
Email: volunteer@cinnamon.org.uk
www.cinnamon.org.uk

10 Market Square, Hayle, Cornwall TR27 4HE Registered charity number 1134680

Mental Health support



NHS
Providing NHS services

kooth | **Qwell**

Free, safe and anonymous mental health support.

Your local NHS is providing free counselling, group support and self-help tools for young people on **kooth.com** and adults through **qwell.io**. It's completely anonymous and you can sign up without any sort of referral.



Chat with a professional

Our friendly team of professionals provide anonymous support through live, online chat. Chat through whatever is on your mind - there's nothing too big or small.



Find support from others

Relate to similar situations and connect with others by sharing experiences and gaining valuable self-care tips through our discussion boards.



Read self-help articles

Helpful articles, personal experiences and tips from both the community and our professional team.



Try our self-help tools

Set personal goals, write in your journal, or try a wellbeing activity from our mini-activity hub.



We don't need to know who you are.



You don't need any sort of referral.



We're BACP accredited.*



for young people:
scan me to get started
or visit kooth.com



for adults:
scan me to get started
or visit qwell.io

YANA Rural Mental Health support

How YANA can help

Contact our helpline for confidential support for yourself or if you are concerned about a colleague, family member or friend.

0300 323 0400

Visit the YANA website for further information on depression, action to take, useful contacts or more information.

yanahelp.org

6 SESSIONS: For those who live in East Anglia, YANA can fully fund up to six sessions with a trained counsellor who understands rural life and work.

Depression is an illness, not a weakness

Additional help...

Directory A national directory of many UK rural support groups is available from yanahelp.org

R.A.B.I. The Royal Agricultural Benevolent Institution provides support for farmers in times of crisis. Call **0800 188 4444** or visit rabi.org.uk

The Farming Community Network Volunteers from rural communities, providing pastoral and practical support. Call **03000 111 999** or visit fcn.org.uk

Samaritans Confidential emotional support, 24/7. Call **116 123** or visit samaritans.org

The Maytree Centre A suicide respite centre in London, but available to all. Supporting people in suicide crisis in a non-medical setting. Call **020 7263 7070** or visit maytree.org.uk



Committed to reducing carbon impact, YANA has carbon balanced the print of this leaflet through the World Land Trust.

Worried about someone?
Please remember:

TRACTOR FACTS to save a life...

Tell the person you're worried about them
Reaching out to someone in distress could save a life – listen in a non-judgemental way

Asking if they are thinking of suicide or ending their life is not easy, but if a person has a plan and the means to take their own life, they need urgent help

Care – stay with them

Try to stay calm and supportive

Offer to help them: to call their GP, take them to A&E or contact the police.

Remove the means – keys to chemical stores, firearms, drugs...

If you are worried that someone is in immediate danger call 999 – stay with them until help arrives, if it is safe to do so. If firearms are involved always contact the police.

YANA, Norfolk Showground,
Dereham Road, Norwich,
Norfolk NR5 0TT



Helpline 0300 323 0400

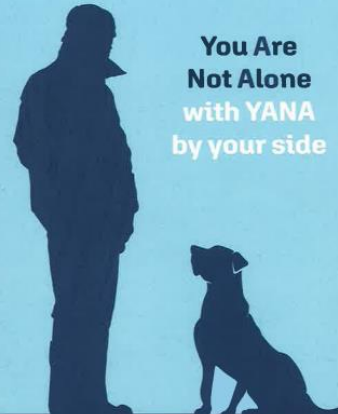
Please leave a voicemail if unstaffed or send an email to helpline@yanahelp.org or admin@yanahelp.org

by your side yanahelp.org

Registered charity number 1190443

YANA

RURAL MENTAL HEALTH SUPPORT



You Are Not Alone with YANA by your side

helpline 0300 323 0400
email helpline@yanahelp.org

by your side yanahelp.org

Are you feeling low, depressed or stressed?



You Are Not Alone...
1 in 4 of us suffers from poor mental health at some point...

Farming is usually a good way of life, but it is a demanding and stressful occupation, so it is not surprising that many people involved with the industry can feel isolated, stressed, depressed or just unable to cope as well as usual.

If you feel like this, you are not alone.

Many involved in agriculture are reluctant to seek help for depression or anxiety, but talking about your problems and seeking appropriate help can make it easier to cope and improve your quality of life.

If you are involved with farming or any other countryside business and are feeling low or if you are worried about a member of your family, a colleague or friend, YANA can help.

Remember, you don't have to struggle by yourself.

Good help is available

Causes of stress and depression

These are some of the many factors that can cause depression, stress and anxiety:

- ▶ Financial issues
- ▶ Increased regulation
- ▶ Irregular weather patterns
- ▶ Animal diseases
- ▶ Marketing produce
- ▶ Family expectations and succession planning
- ▶ Workplace isolation
- ▶ Lack of respite from work

Other causes may include an upsetting event, the break-up of an important relationship, a chemical imbalance in the brain or a family pre-disposition to depression.

If you think you are suffering from poor mental health, asking for help is a major step forward. If you feel you cannot make that call, ask a friend to do it.

- ▶ **Visit your doctor promptly:** like any other illness, depression may become worse if left untreated.
- ▶ **Be honest and say exactly how you feel:** depression is not unusual and your doctor can provide confidential support, referral to counselling or medication.
- ▶ **Ensure that you understand your treatment:** take any medication exactly as prescribed. If unsure or you feel no improvement, go back to your doctor.
- ▶ **Learn more about stress and depression:** see the YANA website for more information.
- ▶ **Contact a counsellor:** through a doctor's referral or the confidential YANA helpline.

yanahelp.org

Common symptoms of stress and depression


- | | |
|---|---|
| Anxiety (worrying obsessively or disproportionately) | Low mood (sadness frequently tearful or unable to cry) |
| Changes in appetite | Disturbed sleep patterns |
| Lack of energy / feeling tired | Reliance on alcohol |
| Lack of interest in family and friends | Unable to enjoy hobbies as before |
| Loss of sex drive | Negative thoughts |
| A change in personality (e.g. uncharacteristic aggression) | Confused thoughts and poor concentration |

If you are experiencing some of these symptoms, You Are Not Alone.

Norfolk and Waveney Dementia Support service

How can referrals be made to this service?

Our service is here to support people for as long as they need us, as many times as they need us. For more information, please do not hesitate to get in touch

 By telephone on **01603 763556**

 By email to **norfolk@alzheimers.org.uk**

 Via our online portal **alzheimers.org.uk/refer** (for health and social care professionals only)

The telephone line is open 9am to 5pm Monday to Friday with an answerphone outside these times.

Alzheimer's Society National Support line is **0333 150 3456** and available 9am to 8pm Monday to Wednesday, 9am to 5pm Thursday and Friday, 10am to 4pm Saturday and Sunday.



Norfolk and Suffolk
NHS Foundation Trust



Alzheimer's Society is a registered charity in England and Wales (296645) and the Isle of Man (1128)
A company limited by guarantee, registered in England and Wales (2115499) and the Isle of Man (5730F)
Registered office: 43-44 Crutched Friars, London EC3N 2AE.



Norfolk and Waveney Dementia Support Service





99% of people who use our service feel they can contact us when they need to.

Our service is for people living with dementia, their carers and family members, as well as anyone who is worried about their memory or waiting for a memory assessment.

Our aim is to provide anyone referred to the service with the level of specialist support right for them. We are here to listen and learn about a person's situation, assess what their needs are, and help them identify what they would like to achieve.

Face to face, over the phone, or in writing, our service will:

- Ensure you have a greater understanding of dementia and identify how we can support you with any immediate needs or concerns you may have.
- Provide advice, information and support to enable you to make informed choices and decisions, better manage changes, and avoid crisis situations.
- Help you identify and consider ways to improve your own health and wellbeing, enabling you to remain as independent and active for as long as possible.
- Provide intensive support to carers and families of people diagnosed with dementia, who are having to deal with complex clinical needs.
- Provide practical guidance on how to plan for the future and encouragement to tackle those difficult and sensitive conversations concerning end of life.



Community Action Norfolk- Talking About Cancer Together

Community Action Norfolk (CAN) are working with Macmillan Cancer Support to deliver a 3-year project, 'Talking About Cancer Together', covering the whole of Norfolk.

The project will work with the Voluntary, Community and Social Enterprise (VCSE) sector and local communities to increase awareness of support and services available, both locally and nationally, to those affected by cancer. It will provide access to a range of cancer related information, resources and support for the VCSE sector, their clients / service users and local communities regarding cancer services and related support, from a range of local and national providers-

<https://www.communityactionnorfolk.org.uk/sites/content/talking-about-cancer-together>



Marie Curie support

There is a wide range of help and advice that can be found here-

<https://www.mariecurie.org.uk/help/support>

There is a dedicated telephone support line for both people living with a terminal illness and for those caring for someone, to provide practical and clinical information, and emotional support. They have a 'Check in and Chat' service which offers a 12 week series

of support from a dedicated volunteer- <https://www.mariecurie.org.uk/help/support/check-in-and-chat> whereas the Bereavement Support Service can offer 6 sessions to people that have recently been bereaved and may need someone to speak to- <https://www.mariecurie.org.uk/help/support/bereavement>

Whatever your question, we're here to help



I've just found out I have a terminal illness. What now?



Is it possible for my dad to die at home?



I've had to quit my job. How will I get by?



I feel so angry. Is this normal?



Whatever your question, we're here to help

Whether you, a family member or a friend is affected by terminal illness, Marie Curie can help you with all the practical information and emotional support you need. Right from diagnosis and whenever you need us.

Our trained team, including nurses, can give you and your loved ones trusted information on everything from symptom management and day-to-day care, through to financial information, legal issues and bereavement support.

 Call our Support Line
0800 090 2309*

 Chat to us online
mariecurie.org.uk/support

 Find information
mariecurie.org.uk/support

 Order and download free booklets
mariecurie.org.uk/publications

 Connect with others
community.mariecurie.org.uk

*Visit mariecurie.org.uk/support for opening times.
Calls are free from landlines and mobiles. Your calls may be recorded for training and monitoring purposes.

Charity reg no. 207994 (England & Wales), SC038731 (Scotland) E376L_Feb2021

**NORFOLK LEARNING
DISABILITY PARTNERSHIP**



Norfolk Learning Disability Partnership

There are 5 local groups in Norfolk. Each group represents an area of Norfolk. These are called locality groups. The different groups are East Norfolk; North Norfolk and Broadland; Norwich; South Norfolk and West Norfolk.

Each locality group looks at the issues people with learning disabilities face in their area.

<https://www.norfolklpartnership.org.uk/locality-groups/>



Carers Matter Norfolk
0800 083 1148

Carers Matter survey

Norfolk County Council is evaluating the impact of the Carers Matter Norfolk service. They have designed a short survey with researchers at the Institute of Public Care at Oxford Brookes University to understand professionals' experiences and views on the effectiveness of Carers Matter Norfolk. They would be grateful if you could take 5-10 minutes to share your thoughts on support for unpaid carers in Norfolk, even if you are not familiar with Carers Matter Norfolk. Your views are important and will help them understand the impact of the transformation programme and gaps in provision.

The survey is available here:

<https://www.smartsurvey.co.uk/s/CMN2023/>

Independent Living newsletter



Contents:

- The Gut Chronicles
- Liver disease not a worry!
- Design The Change Winner
- Allied Mobility Hire
- Better or worse? ONS data
- Accessible Center Parcs

<https://preview.mailerlite.com/v1e2s0v0k8/2247077399231464618/o9n5/>

R N I B

See differently

RNIB-Grants information

If you have sight loss and are on low income there is financial help available for you to buy items, you need to help you in your daily life. RNIB offer grants to registered blind or partially sighted people for useful technology that can help them live independently.

You, or the person you are applying on behalf of must:

- be a resident in the UK
- be registered with your local authority as blind (“severely sight impaired”) or partially sighted (“sight impaired”) unless you are applying on behalf of a child who has not yet had their sight loss certified or registered

- receive a means-tested benefit and one that is not a Tax Credit. Means-tested benefits include Income Support; Pension Credit; Housing Benefit; Council Tax support; Income-related Employment and Support Allowance; Income-related Job Seeker's Allowance; and Universal Credit.
- have been refused funding from your local authority for the items you need
- have savings of less than £6,000
- have not had a grant from us in the last three years.

If you are applying on behalf of your child, a relative or someone you provide care or support for, please give their details on our application form and then make a separate note of your contact details. <https://www.rnib.org.uk/living-with-sight-loss/money-and-benefits/grants-from-rnib/>

Cost of Living Advice & Support

With the rising cost of living, there are several ways the Council can help support you and ensure you get help when you need it. Please visit our Advice and Support page www.north-norfolk.gov.uk/costoflivinghelp for further helpful information.

Financial Inclusion Officers to provide expert guidance

The Council has created a Financial Inclusion Team – Suzanne Howes and Harvey Smith. They will work with residents to help them access any benefits, grants or support they might need to maximise their income. Suzanne and Harvey worked within the Benefits Team, so they have background knowledge of the financial services available to residents.

Even if you have contacted the Council in the past for help, it is worth giving us a call as new support and options are available all the time. The Financial Inclusion Team can help over the phone, by email or through pre-booked appointments at the Council offices in Cromer and Fakenham.

You can get in touch with Suzanne or Harvey on **01263 516221** or email financial.inclusion@north-norfolk.gov.uk



The cost of living and your mental health

The events of the last few years have placed a significant strain on individuals' mental health. The combination of uncertainty around the COVID-19 pandemic and now the cost-of-living crisis has pushed money worries to the forefront of everyone's minds. If the cost-of-living crisis is having an effect on your mental health, you're not alone. There are places you can go to get help and advice. Please visit our Advice and Support page www.north-norfolk.gov.uk/costoflivinghelp for further helpful information.



NORTH
NORFOLK
DISTRICT
COUNCIL

NNDPINOTX

Community Connectors

Community Connectors



North Norfolk
**Health &
Wellbeing
Partnership**

What do the Community Connectors do?

We specialise in promoting and supporting groups and organisations across our local communities. We strive to build links between services and people, connecting them to improve health, wellbeing and community spirit for the residents of North Norfolk.



How can the Community Connectors help?

COVID lockdowns have left many of us feeling worried and isolated. We can give you information about community groups where you'll receive a warm welcome and support.

The cost of living crisis is affecting us all. We can tell you where your local food hubs and warm spaces are. We can signpost you to organisations who can provide financial and emotional assistance.

Maybe you're new to the area and would like to meet likeminded people. Perhaps you would like to start a new hobby or volunteer.

We're also here to support you if you run a community or voluntary group. Whether you require support to recruit volunteers, find funding streams or encourage more people to participate, we're here to help.

Contact the Community Connectors

Visit

www.north-norfolk.gov.uk/communityconnectors

Email

communityconnectors@north-norfolk.gov.uk

Phone

01263 513811

Address

North Norfolk District Council, Council Offices, Holt Road, Cromer, Norfolk, NR27 9EN

**Please turn over for details on how to access
our online map of groups that are local to you**

How to access our online map of community groups that are local to you



North Norfolk
Health &
Wellbeing
Partnership

Please use a smartphone to scan the QR code to take you directly to the map.

Or please visit

<https://www.north-norfolk.gov.uk/ccmap>



1. When you arrive on the Community Connectors map page, all community and voluntary groups across the district are displayed.
2. If you wish to refine this search, click on the burger menu (top left).
3. Go to "Map Features".
4. Untick next to "Community & Voluntary Groups".
5. Click on the arrow next to "Community & Voluntary Groups" to display the categories.
6. Tick in the box next to the categories you are interested in to display the results (eg. if you want to find "Baby & Toddler" groups, click here and only purple pins for Baby & Toddler groups will be displayed across the district).
7. To find out about each of the groups, click at the bottom of the pin, and in the window which is displayed, click on "Show more" to see contact details and information about when this group takes place.

The Community Connector Team are funded by the Health & Wellbeing Partnership and North Norfolk District Council. Our aims are to improve the quality of life for residents in North Norfolk by connecting people, harnessing community spirit and resilience.



Wells Community Hospital Trust

Coastal Health and Wellbeing run several services and facilitate many others. They have-

- The Coastal Community Supermarket, an affordable food club for residents. The Coastal Community Supermarket is a mobile low-cost supermarket covering Hunstanton, Walsingham, Snoring and has a pop-up presence every Wednesday afternoon at the hub in Wells.
- The Hive Café- A social café in the middle of the building open to all and always has a friendly person around to chat with and potentially signpost to services. They are dementia friendly and very able to support people's mobility needs and dementia needs.
- Community Garden- On a Monday they have Nurture and Natter; a group for anyone to join who would like to learn how to garden and have a chat. The garden grows produce for the Coastal Shop.
- Community Bus- runs people to them on a Wednesday from Wells and surrounding villages to shop with them
- Mind Mental Health
- Massage therapists
- Hear for Norfolk run clinics
- Pandora Project – Domestic Abuse support for women
- Adult Ed Art for wellness
- Adult Ed- Cooking
- Walking for wellness group
- Munchkin and Me sensory baby play sessions
- Exercise classes from Seated to Pump including Yoga and Pilates
- Nelson Club- Over 70's social club

They also work with Trussell trust food bank and coordinate food and fuel support locally. If you would like to visit please do and they would be delighted to show you around. They are not part of the NHS or funded by the council; they are a Charitable Trust that is working to support the health and wellbeing of our coastal community to help people live healthier and happier lives.

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

CAISTOR St. EDMUND

Caistor is a small village a couple of miles south of Norwich. It has escaped modern development but is rich in history and interest. Dating back to the Iron Age, the Iceni people had their capital and market here until after the Roman conquest. Boadicea, queen of the Iceni, may have started her revolt against the Romans here, gathering an army of more than 250,000 warriors. In 61 AD they lay waste to Colchester, London, and St Albans before eventual defeat by the Roman army. Venta Icenorum [*market of the Iceni*], modern Caistor St Edmund, was started as a Roman town around 70 AD.



It remained the capital of Norfolk until the Saxons and later the Normans made Norwich the civic centre. Venta Icenorum was abandoned to nature, keeping many secrets about its history. King Edward the Confessor gave the manor and the parish church to the Abbey of Bury St Edmunds, the likely explanation for both the name of the village and dedication of the church. The church has been in continuous use for over 950 years.

This leads us across Stoke Rd to High Ash Farm. Listeners to Radio Norfolk on Sunday mornings will be familiar with The Countryside Hour, presented by Chris Skinner. Farmer, naturalist and conservationist, his mission statement begins "All wildlife finds a safe home at

High Ash Farm." Half of the 500 acres is set aside for wild flora and fauna alongside commercial fields and facilities for horse riding. The land is criss-crossed with over five miles of wide, grassy walks all open to the public free of charge.



Sadly, Brexit has meant the withdrawal of European funding for this beautiful haven while budget cuts at the BBC threaten local radio gems like "The Countryside Hour".

Next door to High Ash Farm are the 32 acres of woodland and garden surrounding Caistor Hall. Now a luxury hotel and restaurant run by Brasteds, noted for fine dining in Norfolk and beyond, it was built at the end of the 18th century. Although much modified by various owners over the years, it reflects all the elegance of the Georgian era.



Built as the private home of the Dashwood family, in 1806 John Dashwood sold the hall and grounds to his brother Horatio for five shillings! That equates to about £29 in today's money.

In 2019 Caistor St Edmund and Bixley merged. Home of the Colman family, perhaps more of Bixley in a later edition.

Kind regards

Norfolk Older People's Strategic Partnership (NOPSP)

Email: nospb@aol.co.uk

Answerphone: 07963 304015

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

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

We do our best to ensure the accuracy, reliability and availability of the information contained in this newsletter but cannot be held responsible for this or for the views expressed.

UK General Data Protection Regulations 2020 (UK GDPR)

This came into force on 1 January 2021 and is the UK version of the GDPR legislation that was brought in during 2018 to replace the Data Protection Act 1998

Your contact details are held to send you information from the NOPSP. Data may include your name, address, email address, contact telephone number, name and address of your organisation and any job title. None of your data is shared with a third party except for the claims and payment of expenses. Please advise if you do not want your details to be held by the NOPSP.

For any enquiries please email: nospb@aol.co.uk or ring 07963 304015 and leave a message.



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