



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

January 2022- Edition 29

Word from the Chair

It has to be with some trepidation that we embark on 2022. The biggest hope is that COVID-19 and its variants will recede and enable us all to continue to live our lives safely. There is understandable impatience to move on and restore “business as usual” but there is a risk of brushing under the carpet of history the 150,000 mostly older people whose deaths were hastened by COVID-19 together with all those dealing with bereavement and people with long COVID. It seems a while since we applauded our carers from our doorsteps, but again we must not consign to history those genuine feelings of gratitude for the unstinting endeavours of our medical and care colleagues.

There are more challenges lying ahead for older people. The state pension will rise by only 3.1%; 2% below the current rate of inflation. More older people will be paying for prescriptions and most will have to find £159 for a TV licence. Heating our homes is predicted to rise by 50%. These economic realities do not help the drive to support older people living as independently as possible in their own homes.

For many older people it is simple pleasures like spending time with family and friends that make life worthwhile. Let us hope that the immense efforts of the caring professions, politicians and our volunteers will make this happen safely and sooner rather than later

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We extend a warm welcome to **Tracey Bleakley**, who has been appointed CEO-designate of the new Integrated Care Board of Norfolk and Waveney's Integrated Care System.

Kind regards

David Button

Chair of NOPSP

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Keeping Company initiative

A Creative arts group is starting in January 2022.

They are now taking bookings for the Maddermarket Theatre Creative arts project: Keeping Company. ♥

There will be 2 groups for 55+ and young Mum's 25 and under. In sessions the groups will explore dance, drama, poetry and more and enjoy a cuppa at the end.

Open to the Norwich community, specifically for those socially isolated and who wouldn't usually attend the theatre. Maddermarket Theatre wants to make you feel at home!

FREE Weekly sessions Thursdays January-March 2022. Transport can be provided.

Anyone interested can contact Michelle Thompson for more information-

michelle.thompson@maddermarket.org 01603 620 917.

Winter Well campaign

This winter hundreds of older people in Norwich will struggle to stay warm and well, and this year we are also living with Coronavirus, which we know can have more of an impact the older we are.

The Winter Well campaign is designed to help older people and their families prepare for the winter months and offer support to those who may be worried or struggling.

Every winter 25,000 older people in England and Wales don't survive the cold weather, and this year, months of shielding or reduced contact has taken its toll. As we head into winter, vital services are needed now more than ever to help you, or someone you know, stay well throughout the colder months. Age UK can help with:

- Financial support and advice for winter bills or heating repairs
- Tips and information on how to make your home winter-ready
- Give blankets, hot water bottles, and warm clothing
- Activity Instructors who provide home visits and/or online classes
- Outdoor walking groups
- Friendship through Telephone Befriending
- Help with getting online and digitally connected
- Help with sourcing shopping delivery services
- FREE Electric Blanket Testing

<https://www.ageuk.org.uk/norwich/our-services/winter-well/>



Breakeven

Breakeven is one of the largest Gamcare Partners and have offices across the south and east of the country. Breakeven offers Gambling Related Harm interventions delivered by a highly skilled and specially trained team of Practitioners.

Treatment is provided not only for the Gambler but also anybody that may be affected by someone's Gambling behaviour. Breakeven offers **free** Treatment and support through either face to face, telephone or video appointments. The local face to face office for Great Yarmouth is Norwich.

As with many addiction services, Breakeven is an organisation that requires clients to self-refer for support. This can be done via the main office number **01273 833 722**, through the GamCare 24 hr National helpline **0808 802 0133** or through a simple referral form on the Breakeven website www.breakeven.org.uk

Once the referral has been completed, one of the team will contact the client within 24 hours for a telephone assessment and assign them to a practitioner. The Practitioner will offer weekly sessions and regularly review the treatment plan to make sure the client is getting the most out of the service that is provided. After treatment has ended Breakeven also offers relapse prevention and clients are sent a follow up form at 3 monthly intervals to identify any future needs. The opportunity to re-engage is available if needed.

NHS

**GIVE YOUR
NHS + HAND
THIS WINTER**



**Cromer Minor
Injuries Unit**

- Open 8am - 7.45pm every day
- Address: Mill Road, Cromer, Norfolk NR27 0BQ
- Telephone: 01603 646230

winterwellnorfolkwaveney.co.uk
PROTECT YOURSELF. PROTECT LOVED ONES. PROTECT EVERYONE.





FREE Energy awareness talks from CAN

Community Action Norfolk are running more of their energy (electricity, gas, oil) awareness sessions as part of Citizens' Advice 'Big Energy Saving Network'. They've delivered these free sessions on behalf of Citizens Advice / Big Energy Saving Network for several years now, and the sessions are particularly relevant at this time, with the onset of winter and people's concerns about steeply rising gas prices.

They'd like to invite you, your colleagues, staff, volunteers, service users, beneficiaries to attend a session. It can be delivered online or face-to-face at events or meetings, whichever would work for you. The training is focused on understanding fuel poverty, how and where to get help with paying bills, and reducing energy usage in the home. Of especial interest to front-line staff will be advice about looking for the tell-tale signs of fuel poverty in a household – but the information will be relevant to all of us as energy consumers (and bill payers!)

If you'd like a member of staff from CAN to deliver a session – or you'd just like more information first, do please call 01362 698216, email office@communityactionnorfolk.org.uk or visit <https://bit.ly/3FNk3Ks> for more background. The sessions last around 45mins and are free to attend.



Saffron Housing Trust- Independent Community Living

Following on from Norfolk County Council's recent article about Housing with Care, Saffron Housing Trust have suitable affordable housing for older people across Norfolk. These Housing with Care schemes are called Independent Community Living and Independent Community Living Plus; both are designed specifically for people over 55 years old.

Independent Community Living Schemes provide independent self-contained, one or two-bedroom apartments or bungalows. These properties are close to local amenities such as shops to make life a little easier.

They also have a visiting Wellbeing Co-ordinator who visits the scheme each day (Monday to Friday) who can assist you with a wide range of tasks from organising activities on the scheme, to rent queries to repairs on your home. There is also an OKeachday communication system, communal laundry, communal gardens, and a communal lounge.

Independent Community Living Plus Schemes are designed specifically for people over 55 years old who require between 4-13 hours of care a week, to live independently in a supportive, vibrant, and like-minded community.

Each one or two bedroomed home has its own front door, kitchen, lounge, bedroom, and bathroom. These homes are designed to make life a little easier whilst you also have the added piece of mind that you are being looked after with care tailored to your needs. Communal facilities include a restaurant, bar, lounge, and activity room. You can take part in activities as and when you choose and stay as active as you want to.



To complement the existing Independent Community Living Plus Schemes, Saffron Housing Trust have a new scheme in Acle which will be available from autumn 2022. This new, exciting development is called Swallowtail Place and comprises 58 quality homes which will be available to rent or buy on a shared ownership basis.

Moving from your own home to an Independent Community Living Scheme is something that Saffron Housing Trust are here to help you with; they want their tenants to feel at home, to feel safe and supported and feel happy in the environment that they live. Further information can be found at <https://saffronhousing.co.uk/residents/find-a-home/independent-community-living-plus/> or by contacting Angela Symonds on 01508 502337 or asymonds@saffronhousing.co.uk



Good Things Foundation

Connect Up is a new project from Good Things Foundation, funded by the Scheinberg Relief Fund, to tackle loneliness and social isolation in older people. Connect Up will bring together organisations that work with older people to create a community of practice, sharing new ideas, specialist resources and expert training. If you are interested in joining – feel free to fill in the form for Community of Practice-

<https://docs.google.com/forms/d/e/1FAIpQLSca8t1-SBTJagnm1iinPv13gcrZ4C-ds8yXnLNW6ExuBFliig/viewform>

Or to find out more about Connect Up and how you can get involved, email **community@goodthingsfoundation.org** or see the website-

<https://www.goodthingsfoundation.org/the-digital-divide/health-and-wellbeing/connect-up/>



Wellbeing update

Looking back over 2021, Wellbeing would like to take a moment of reflection and say a massive **thank you** to everyone who has attended in what has been another challenging year. Wellbeing continues to be amazed by the resilience shown in the face of the

uncertain times and the support shown to others who have attended our socials. They will continue to run a full programme, hopefully face to face and online going forward, but have shown they can be flexible to the times and will, one way or another, be available for anyone over 16 years to come along and connect with others in a safe environment!

With the above in mind, Wellbeing have been working hard to make sure they have a full events programme ready for you to look forward to in the New Year!

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

January brings them back to new themes and old favourites from 2021, including their regular casual 'catch up' groups, Wellbeing Quizzes and more!

The Wellbeing Walks will be continuing throughout the county, so wrap up warm, grab a flask of tea and join them for a jaunt!

Over the past year Wellbeing have had over 300 attendees of the Wellbeing Champion Training. If you would like to increase your understanding of 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! For more information, or to book a place, please visit their dedicated webpage- <https://www.wellbeingnands.co.uk/norfolk/get-support/courses/>

Wellbeing really hope you have a peaceful holiday and a Happy New Year!

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



Norfolk Good Neighbour network

We all need support at various times in our lives, and to help us, we draw on a range of resources. Some kinds of support are formal from things such as GP surgeries, care agencies or charities, whilst others are informal for example family, friends, colleagues, or neighbours. Experience shows that there is often a gap between these two types of support in local communities, with many kinds of non-critical need going unaddressed. This is where Good Neighbour Schemes can help.

Providing assistance like a little bit of help in the home, tidying up the garden, having your shopping delivered if you are unable to leave the house, or getting a lift to a doctor's appointment can make a huge difference to someone and can allow them to feel safe, secure and better connected with their community.

The aim of a Good Neighbour Scheme is to support vulnerable neighbours to maintain a good quality of life, remain independent and happy in their own homes and help them to feel better connected within their community. Norfolk residents are fortunate to have several different good neighbour schemes. Keeping track of where they are located can be a challenge.

A new website page by Community Action Norfolk (with map) has been created to help give people an overview. Please note, not every scheme in Norfolk has been included, however it is a very useful starting point.

<https://norfolkgoodneighbours.org.uk/find/>

In Good Health update

This update includes information about the:

- COVID-19 booster announcement from the Prime Minister
- Norfolk and Waveney system response
- Information about how and where to get your Covid booster
- Important changes to walk-in clinics and booking appointments
- How you can support the booster programme by sharing information with your networks and on social media

<https://www.norfolkandwaveneypartnership.org.uk/publication/updates-from-the-stp/209-ics-stakeholder-bulletin-covid-booster-13-dec-final/file.html>



Adult Better Health Campaign

Please see below the launch of two adult Better Health campaigns for the new year, focusing on adult obesity and quit smoking.

Better Health Adult Obesity

Launching on 4 January, this campaign will motivate and support adults to achieve a healthy weight, eat more healthily and increase their physical activity. The campaign will signpost people to a range of support tools on the Better Health website, including the NHS weight loss plan app.

Better Health Quit Smoking

Set to launch on 28 December, this campaign encourages smokers to make a quit attempt by focussing on the benefits of quitting and the support available to help them stay quit.

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



Carers Matter Norfolk evaluation

Norfolk County Council is evaluating the impact of their Carers Matter Norfolk service, a social impact bond delivered by a partnership of organisations led by Norfolk Carers Partnership, aiming to transform support for carers in Norfolk.

They are contacting you about a short online survey they designed 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 to them and will help them understand the impact of their transformation programme and gaps in their provision.

The survey is available here:

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

They would like to hear from as many professionals as possible including colleagues in the voluntary sector and community-based organisations, so please feel free to share this link with your contacts who might want to contribute.

If you have any questions about the survey, please contact Agnes Turnpenny at aturnpenny@brookes.ac.uk.



The Cinnamon Trust

The National Charity for the elderly, the terminally ill and their pets

Pet Friendly Care Home and Retirement Housing Register

When owners can no longer manage in their existing homes and are looking for somewhere, they can spend their retirement years with their beloved pet, this register details care homes and retirement housing in England, Scotland and Wales which will consider residents with pets.

Pet friendly care homes (any residential facility for the elderly that accepts owners and their pets) vary hugely in how pet-friendly they are, from the ones who will consider contained animals such as fish or birds as long as the resident is able to look after them themselves, to the ones who will take on most any pet, and support the owner to care for them, because they understand the huge importance of the bond between them.

For more information, please click on the link below-

<https://cinnamon.org.uk/pet-friendly-care-homes/>

Free workshops in the New Year

A new series of free online workshops is coming in early 2022. There are four different sessions being offered-

- The Psychology of Bereavement and Grief

24th January 12–1pm

31st January 12–1pm

7th February 12–1pm

11th February 10–11am

15th February 12–1pm

- CBT – Overcoming Anxiety

25th January 10–11am

28th January 10–11am

3rd February 12–1pm

8th February 12–1pm

11th February 12–1pm

17th February 12–1pm

- Mental Health First Aid – Introduction

25th January 2–3pm

28th January 12–1pm

4th February 2–3pm
10th February 10–11am
11th February 2–3pm
24th February 2–3pm

- Mindfulness – Building Resilience

18th January 2–3pm
24th January 10–11am
28th January 2–3pm
7th February 10–11am
10th February 12–1pm
15th February 10–11am

To book on any of the below please email info@norfolkandsuffolkcaresupport.co.uk



Norfolk and Suffolk NHS Foundation Trust (NSFT) research

NSFT Research are launching two major studies to help people with dementia. One is CARECOACH: preparing family carers of people living with dementia for that journey.

The second study, DISCOVERY is about how those with dementia and their family and friend supporters can support each other in a peer support model through recovery colleges – do find out more about this in the recent podcast-

<https://shows.acast.com/mental-health-and-you/episodes/research-recovering-hope-after-a-diagnosis-of-dementia>

Both studies are covered in the recent seminar-

<https://www.youtube.com/watch?v=yjcibcGtXH4>

If you are interested in finding out more about these or other studies, or signing up to their database so they can contact you if you match one of the study criteria – then please visit this page-

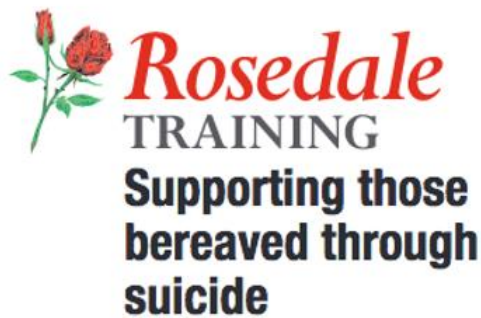
<https://www.nsft.nhs.uk/be-a-part-of-research>

Alternatively, to find out more, you can call NSFT Research on 01603 421397.



Bereavement through suicide training

Rosedale funeral home have currently secured some funding from Norfolk County Council for Suicide bereavement training which is to be offered free of charge over the next couple of months for those who live or work in Norfolk and would find it useful for their work or even for their local group. Please see the flyer below-



Funded by:



Rosedale Training invite staff from across public and voluntary sector organisations to participate in this 3 hour workshop to improve knowledge, skills and understanding in supporting those bereaved through suicide.

Rosedale Training, with 15 years' experience, will be delivering the workshops. Previous attendees to this training demonstrated a real desire to make a real difference to the suicide statistics and better help and support those who have been bereaved through suicide. Workshops are delivered online through the Zoom platform.

Aims of the training will be:

- For delegates to feel confident supporting those who have been bereaved through suicide
- To be able to use appropriate language
- Understand what may and may not be helpful
- Be familiar and confident using the *Help Is at Hand* book
- Be able to signpost to other organisations who offer specialist support if required

**Various workshop dates available from January 2022 onwards.
BOOK EARLY TO AVOID DISAPPOINTMENT!**

BOOK NOW AT:

<https://www.eventbrite.co.uk/e/supporting-those-bereaved-through-suicide-tickets-152341077263>

Participants will be required to provide a postal address for learning materials to be sent.
Note, although the workshop is funded, there will be DNA charge enforced for failure to turn up following booking.



Age-friendly Communities

An Age-friendly Community is a place where people of all ages can live healthy and active later lives. These places make it possible for people to continue to stay living in their homes, participate in the activities that they value, and contribute to their communities, for as long as possible.

Through the UK Network of Age-friendly Communities the Centre for Ageing Better supports towns, boroughs, districts, counties, and city regions to share learning and promote age-friendly practices.

This training is designed for-

- People who are interested in learning more about Age-friendly Communities.
- New members of the Age-friendly Communities Network.
- New staff of existing Age-friendly Communities.
- Existing Age-friendly Communities who want a reminder of the key principles.

This training will cover-

- Why we need Age-friendly Communities and ageing in the UK today.
- History and principles of Age-friendly Communities.

- Developing an Age-friendly Community using the World Health Organization framework.
- Panel discussion with representatives of the UK Network on their experiences running Age-friendly Communities.
- How Ageing Better and the UK Network can support Age-friendly Communities.

To find out more and to book please go to this link:

<https://ageing-better.org.uk/events/an-introduction-to-age-friendly-communities>



Norfolk County Council

Disability concessionary bus pass information

You are entitled to a disabled concessionary travel pass from Norfolk County Council if you are a Norfolk resident of bus fare paying age (five years old+) and have a permanent disability or one lasting at least 12 months.

Your eligibility for a disability-related travel pass is considered 'automatic' if you have been issued with a 'Blue Badge' or are in receipt of the following benefits:

- Higher Rate Mobility Component of the Disability Living Allowance
War Pensioner's Mobility Supplement
- Personal Independence Payment (PIP) with an award of eight points or more for the "Moving around" activity

You are also eligible if your disability falls into one of the following seven categories:

- People who are blind or partially sighted you are eligible for a disabled pass with an enhancement allowing you to travel at all times
- People who are profoundly or severely deaf
- People who cannot speak
- People who have a disability, or have suffered an injury, which has a long-term effect on their ability to walk
- People who are without use of both arms
- People who have a learning disability, that is, a state of arrested or incomplete development of mind that includes significant impairment of intelligence and social functioning; these disabilities must have started before adulthood and have a lasting effect on development. Note that conditions such as dyslexia, dyspraxia and ADHD are not covered by this definition
- People who if they applied for a driving licence under Part III of the Road Traffic Act 1988, have this application refused under section 92 of the Act for a reason other than on the grounds of persistent misuse of drugs or alcohol

<https://www.norfolk.gov.uk/roads-and-transport/public-transport/buses/concessionary-travel-pass/disabled-travel-pass>



**For free
confidential
advice:**




Phone number
0300 561 0555

Email:
referrals@nidasnorfolk.co.uk

NEW Norfolk Integrated Domestic Abuse Service (NIDAS)

People in Norfolk and their children who are at medium or high risk of serious harm from domestic abuse will be able to access a new, improved service from January 3rd, 2022 to support their journey to freedom.

Norfolk Integrated Domestic Abuse Service (NIDAS) will offer free, confidential, and non-judgemental support to those affected, and their children, to help them escape and recover from abuse.

The new service is funded by the Office of the Police and Crime Commissioner for Norfolk, Norfolk County Council, Norwich City Council, South Norfolk and Broadland District Councils, and will be delivered in partnership by Leeway Domestic Violence & Abuse Services, Daisy Programme, Orwell Housing, Pandora Project and Safe Partnership. Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence.

NIDAS trauma-informed, person-centred, skilled staff can support those at risk of harm to get to safety and will develop a personalised action plan with everyone they work with, to help people to move on from abuse with increased confidence and well-being. The service will be operational seven days per week, between 9am and 6:30pm on weekdays, and between 9am and 3pm on weekends. For more information on how NIDAS can help you, or someone you know, visit-

<https://nidas.createthefuture.live/>



My Lost account service

mylostaccount.org.uk can help you trace lost personal accounts if you are unsure of which bank or building society holds the account to which you have entitlement, including

instances where the bank or building society has since closed or merged. NS&I investments can also be traced using this service.

It is a FREE service bringing together the three tracing schemes of UK Finance (UKF), the Building Societies Association (BSA) and National Savings and Investments (NS&I) into a single website. This means that anyone with a lost account with a bank, a building society, NS&I – or all three – can initiate a search simply by visiting this website and completing only one application form.

Simply set up a profile using a valid email address and password, verify your email address and then complete the search form. When the results of the search are ready you will either receive an email alert and login or you will receive a letter.

The mylostaccount service covers over 30 banks, all 43 UK building societies and the full range of National Savings & Investments products

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



Macmillan Cancer Support

Macmillan Cancer Support have a new virtual network for anyone living or working in the South East or East of England who is interested in getting involved with opportunities to improve Macmillan cancer information and support services or in hearing about cancer engagement in their community.

There is a simple survey to join up, and you can choose how you want to be involved.

The Network is for anyone with cancer experience, any friends and family of someone with cancer, and for anyone who works to support people who may be affected by cancer.

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

FILBY

Driving from Acle to Caister-on-Sea, during the summer months the village of Filby attracts attention for its wonderful floral displays, Winner of the Anglia in Bloom competition in 2019 and achieving a silver gilt medal in 2021. The residents of Filby transform the already green and pleasant village into a brightly coloured jewel.



Crossing the narrow bridge to the right there is a glimpse of Filby Broad, the southernmost of the Trinity Broads. To the left is Ormesby Little Broad and the Trinity is completed by Rollesby Broad. This whole area is designated a Site of Special Scientific Interest and is part of the Norfolk Broads Area of Conservation.



Filby and the Trinity Broads are a reservoir for eastern Norfolk's water supply and are connected to the main Broadland waterways only by narrow cuts so are not accessible to motorboats and the bulk of Broadland traffic. This makes them a particularly quiet haven for a variety of interesting wildlife.

The name "Filby" dates back to the Viking invasions of Norfolk around the 9th century AD. Old Norse "Fili" and "byr" mean simply Fila's farm. It has continued as a family name, and members of the family from across the world get together every three years.



A fascinating by-product of these reunions is the invention of the Filby cocktail

Filby Cocktail

1¼ oz Gin (London Dry)

½ oz Amaretto Liqueur

½ oz Dry Vermouth

¼ oz Campari

Mix with ice and add orange zest.

Sounds like something to look forward to in 2022!

BEST WISHES FOR THE NEW YEAR

Kind regards
Norfolk Older People's Strategic Partnership (NOPSP)

Email: nopspb@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: nopspb@aol.co.uk or ring 07963 304015 and leave a message.



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