



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

February 2022- Edition 30

Word from the Chair

INVITATION

To everyone interested in giving up some time to work in an independent way with a wide range of partners, we invite you to consider putting your name forward or to nominate someone to fill vacancies for Chair and Vice-chair of NOPSP. Call us on 01603 627924 or email d.w.button@btinternet.com to find out more about NOPSP and these interesting and vital opportunities.

The Inuit people of northwest Greenland call February 'seqinniaq', meaning "the month when the sun appears." It seems that the worst of COVID-19 may be behind us and "rules" are being replaced by advice, so there are glimmers of sunshine appearing. Much of this change is based on the belief that the Omicron variant has less severe consequences than Delta. It may be some time, however, before we can mix at social events, on public transport and at other gatherings with confidence but perhaps the green shoots are there.

The NHS and social care will continue to struggle for some time to clear waiting lists, recruit and train a revitalised workforce and restore services to a level and quality that older people should expect. Norfolk County Council has engaged management consultants to help “prevent, reduce and delay” the need for formal help. This approach will depend on less expensive solutions from within communities for people in need and with the expectation that £18million will be saved every year. That is approaching the equivalent 100,000 hours of homecare “saved”.

We shall expect older people to be closely involved in shaping this approach.

Kind regards

David Button

Chair of NOPSP

Index

- Dying Matters event
- Digital skills for leaders' sessions 2022
- British Red Cross service
- Independent Living newsletter
- National Churches Trust
- Brewster Charity in conjunction with Cotman Housing
- Independent Age benefits advice
- Free online workshops, from Money Matters, Future Projects
- Pensioners abandoned article
- Centre for Ageing Better guide
- Smart Meter projects
- Voluntary Norfolk Health and Wellbeing Service
- Wellbeing updates
- Good Practice Workshop: Wellbeing for Volunteer Coordinators and Volunteers
- Carer's passports
- East Anglian Driveability
- Watton article



Dying Matters event

Save the date - 5th May 2022

Location - The Forum - 2 Millennium Plain, Bethel Street, Norwich, Norfolk, NR2 1TF

There will be talks, workshops and various stands which will hopefully get people talking and make you think, along with the Death Cafe (subject to current covid guidelines).

This coming year's event is being organised by Michelle, Alison and Jane. Michelle and Alison can be contacted on dyingmattersevent@gmail.com; Jane can be contacted on j.shuttler@nhs.net or 07840 128610. With regards to stands, can you please express your interest ASAP, spaces are limited, and they will confirm if they have been able to accommodate you at the end of February 2022.

During Dying Matters week (2nd to 6th May) there will be online events which you can sign up to attend. Everything is free to attend and a good opportunity to chat about everything we try to ignore as death and dying can be an uncomfortable conversation, albeit an important one. For if we do not know what our loved ones would like or believe in, it makes it hard to truly advocate for them.

<https://www.hospiceuk.org/our-campaigns/dying-matters/dying-matters-awareness-week>



East of England NHS Leadership Academy

Digital skills for leaders' sessions 2022

With the rapid switch to digital tools during the pandemic, the daily skills that we need to master to communicate have changed dramatically. To complicate matters, many leaders have had to acquire knowledge of these skills remotely, which has left many of us feeling a bit out of our depth when it comes to tech. This course delivered by Eastern AHSN in conjunction with their IT team and will provide a refresh of basic digital skills and tools and aims to increase your confidence to hold your own in a virtual world.

Whether you're not sure how to set up your video camera or would just like to know what some of the jargon means, they will aim to answer all those basic questions you are too afraid to ask the IT department. Delivered virtually via MS Teams you have the opportunity to join us in the following dates:

- Thursday 17 March 09:00-11:00
- Monday 14 March 14:00-16:00
- Wednesday 30 March 14:00-16:00

To book your place please click on this link- [Digital skills for leaders 2022 – Do you need to review your digital skills? – East of England \(leadershipacademy.nhs.uk\)](#)

These bitesize sessions will be delivered by external providers Eastern AHSN and DataConnectivity Ltd- <https://eoe.leadershipacademy.nhs.uk/wp-content/uploads/sites/6/2021/11/Digital-Skills-for-Leaders-2022-Flyer-final-002.pdf>



British Red Cross service

The Red Cross service have produced an updated mobility aids service leaflet covering Norfolk. It can be downloaded here from the Health information leaflet service website:

<https://brochure.norfolklivingwell.org.uk/product/mobility-aids-service-in-norfolk-leaflet>

They have also created a useful summary page with contact information for the teams linked to specific hospital across the East of England (support at home service), which can be found here: <https://www.redcross.org.uk/get-help/get-support-at-home/find-your-local-support-at-home-service>



Independent Living newsletter

The latest edition includes articles on safety around the bedroom, creating a sleep sanctuary, ConfiPlus stoma bag solution, and more-

<https://preview.mailerlite.com/r1j0g7a6m7/1873893952935953871/c7q6/>



National Churches Trust

National Churches Trust are the charity for people who love church buildings. Their work is dedicated to supporting places of worship of historic, architectural and community value used by Christian denominations throughout the UK. They do this by providing grants for urgent repairs and community facilities and helping places of worship keep their buildings in good repair through their Maintenance Booker service. The Explore Churches website makes it easy for everyone to discover the wonder of the UK's sacred heritage.

The Trust is the successor to two older charities, the Historic Churches Preservation, founded in 1953 and the Incorporated Church Building Society, founded in 1818.

Foundation (small) Grants for Maintenance-

Next Deadline and Decisions: Deadline 31st October 2022 (re-opens 1st January 2023)

Grant Size: £500 to £5,000

Works Cost: Up to £10,000 (excluding VAT and fees)

The Foundation Grant Programme offers small grants of between £500 and £5,000 towards urgent maintenance works and small repairs identified as high priority within a recent Quinquennial Inspection or Survey Report. Also, small investigative works and surveys. Project costs should be up to £10,000 excl. VAT and awards will never exceed 50% of the costs. Decisions are made on a rolling basis.

<https://www.nationalchurchestrust.org/foundationgrants>



Cotman

Part of Places for People

Brewster Charity in conjunction with Cotman Housing

The Trustees of the Brewster charity want to encourage more grant applications from people aged 60+ in need. The grants are for up to £300 and are for goods, usually household items, not services.

Applications are returned to Cotman Housing as the Charity's Managing Agent. The application must be supported by an organisation – so a support worker etc. Please see the contact details below-

Cotman Housing Association Ltd
Cotman House
Bowthorpe Hall Road
Norwich
NR5 9AD

Tel: 01603 731696

Fax: 01603 731698

housing@cotmanhousing.co.uk

<https://rightcause.org.uk/charities/the-josiah-and-mary-brewster-charitable-fund-1160175/>



Independent Age benefits advice

A lot of people miss out on extra money they could be getting each week. So, it is well worth checking whether you might be entitled to more than you currently claim. Look at all the advice and resources on their website to learn how you can boost your income in 2022-

<https://www.independentage.org/get-advice/money/benefits>

<https://mailchi.mp/independentage.org/boost-income-get-help-with-bills-660268?e=47b4d4f547>



Free online workshops, from Money Matters, Future Projects

The links to the events on Eventbrite are below. They are both free and can be booked either via Eventbrite or by contacting s.thornton@futureprojects.org.uk directly for the Zoom link.

Introduction to Household Budgeting

Thursday February 3rd 1.30pm – 2.30pm

A look at basic household budgeting and tips for making and sticking to a budget.

<https://www.eventbrite.co.uk/e/introduction-to-household-budgeting-tickets-232046506347>

Food shopping on a budget

Thursday 10th February 1.30pm-2.30pm

Looking at how to plan for and save money on your supermarket shop. Plus, other places to shop to save money and how to make your food go further.

<https://www.eventbrite.co.uk/e/food-shopping-on-a-budget-tips-and-advice-to-make-your-money-go-further-tickets-249290182647>

The Adult Learning team area also offering some courses (also free) later in the spring:

Beat the bills – How to cope with rising costs and money worries

Monday, 21 March 2022 12:30pm

Monday, 28 March 2022 6pm

Balancing your income and expenditure can be tricky so this session will help you identify ways in which to make your money stretch further and take control of your spending. You will be shown how to set up your very own budget planner using spreadsheets or other programmes – to help you manage the rising cost of living and household bills. You will also learn about money saving ideas such as rewards, cash back opportunities and many more.

Further information about both of the above courses can be found by following the “personal finance” option on this page: <https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/community-online-learning>

EXPRESS



Pensioners abandoned- Express article 12/1/2022

Pensioner savers have suffered a disastrous decade as returns from safe havens cash, gold and bonds have collapsed while outright gambles like Bitcoin have skyrocketed. Central bankers are largely to blame, and pensioners have every right to feel betrayed. Cash used to be king, especially in retirement, because most pensioners rightly don't want to take risks with their money. That was fine when savings accounts paid five or six percent a year, but those days are long gone.

New figures show the savings products older people rely on to supply a safe and steady income in retirement have been the worst performers over the last decade – by a long shot. Years of near-zero interest rates and virtual money printing have boosted riskier assets like shares and property but destroyed cash and bonds. Someone who placed £1,000 in the average cash Isa a decade ago would have seen their money grow to a mere £1,142 today.

Reference

Jones, H. (2022, January 13th) "Pensioners betrayed - Bank of England destroys cash savings and fuels Bitcoin madness", *Express (online)*

<https://www.express.co.uk/finance/personalfinance/1548717/pensioners-savers-cash-bonds-gold-Bitcoin-crypto-currency-Bank-of-England>



Action today for all our tomorrows

Centre for Ageing Better guide

Centre for Ageing Better are urging charities to help shift ageist stereotypes and language used in public life, which harms people and their prospects in later years with their new guide 'Challenging ageism: A guide to talking about ageing and older age'.

Their previous research found that ageing is associated with decline and ill-health, and older people are commonly portrayed as frail, vulnerable and dependent.

Analysis shows that political discourse mainly frames the ageing population as a costly 'crisis' emphasising the dependence of older people on state support, while in the media older people are often pitted against younger people in 'boomer vs millennial' narratives around competition for resources.

While ageing-focused charities use more nuanced and supportive language, loneliness often dominates the narrative, and tends to be presented as an inevitable part of later life. The language and imagery used in fundraising campaigns also tends to be inherently negative – focusing on sad or vulnerable older people in need of help – and risks feeding into negative stereotypes of ageing and older people in wider society.

The research raises concerns about the impact of societal ageism on the treatment of older people, particularly during the pandemic, with older people treated as a homogenous group who are vulnerable, frail and a problem to be managed rather than citizens of equal

value. Research has also shown that ageism can affect our wellbeing by shaping how we feel about our own ageing process – limiting what we feel we are able to do.

Centre for Ageing Better have launched a new guide to help organisations challenge ageism, tackling the negative stereotypes which are all too common in conversations about older people and ageing. The new guide is a practical tool drawing on a wealth of research about attitudes to age and the way that the public responds to different ways of talking about ageing and later life.

The guide urges organisations to move away from stereotypes and embrace realistic and diverse images of later life, to use terminology that older people prefer – such as ‘older’ rather than ‘old’ or ‘elderly’ – and to avoid ‘compassionate ageism,’ which paints older people as vulnerable and in need of pity.

<https://ageing-better.org.uk/news/guide-launched-to-help-professionals-talk-about-ageing-positive-and-realistic>



Action for Warm Homes

Smart Meter projects

The 2022 Smart Energy GB in Communities programme is now live, with grant funding and support being targeted to organisations reaching people who are over 65, people on a low income or people who are carers.

Grants of up to £25,000 are available for organisations that can deliver support to people who are over 65.

Grants of up to £10,000 are available for organisations that can deliver support to people on a low income.

Grants of up to £5,000 are available for organisations supporting people who are carers.

The main proportion of the funding aims to ensure people in the target groups understand how smart meters can benefit them and increase the likelihood that they will seek or accept a smart meter installation.

They are looking for applicants that have a trusted voice in their community. As this year's target groups are significant in size (over 12 million people are over 65; approximately 8 million people are on a low income and around 1 in 4 people are carers), they are seeking projects that can engage these groups at scale through a combination of direct (COVID-19 permitting) and indirect activities. Previous organisations who have applied to the grants programme, both successful and unsuccessful, are eligible to apply and encouraged to do so. Housing associations and local authorities are eligible to apply too.

Full details on the application process are included in our Guidance Document on the NEA website - [Smart Meter | Smart Energy GB in Communities Grants Fund \(nea.org.uk\)](https://www.nea.org.uk/smart-meter-grants)

Please read this before completing an online application form and Project Plan. If you have any queries, contact smartgrants@nea.org.uk

The closing date for applications is 12 noon, Friday 11 February 2022.

VOLUNTARY NORFOLK

Voluntary Norfolk Health and Wellbeing Service

- Does your client need support while they learn how to manage their long-term illness?
- Would your client benefit from support to make positive lifestyle changes?
- Could a volunteer provide help and encouragement while your client works towards a healthier way of living?
- Does your client need help to find and participate in social activities?
- Does your client want to maintain or improve their independence?

The Health and Wellbeing Volunteers support clients to improve their physical and emotional health, wellbeing, and independence.

The emphasis is on a partnership, with the volunteer and client working together to set and achieve goals.

Clients can be supported in a variety of ways by the volunteers, for example:

- By helping a person to have a healthier lifestyle through exercise or improving their diet.
- Provide information for signposting to other services e.g., falls prevention services, community alarm providers, medication management, fuel efficiency.

Each client is assessed for suitability for the service and health and wellbeing goals identified that a volunteer could support.

Every client/volunteer partnership and their progress towards achieving goals are monitored and assessed by the Volunteer Coordinators.

For further information, acceptance/exclusion criteria and online referral please go to: <https://www.voluntarynorfolk.org.uk/health-wellbeing-service-referral-form/>

Please also refer to the flyer below-

Voluntary Norfolk Health and Wellbeing Service



Does your client need support while they learn how to manage their long-term illness?



Would your client benefit from support to make positive lifestyle changes?



Could a volunteer provide help and encouragement while your client works towards a healthier way of living?



Does your client need help to find and participate in social activities?



Does your client want to maintain or improve their independence?

Our Health and Wellbeing Volunteers support clients to improve their physical and emotional health, wellbeing and independence.

NHS

Norfolk and Waveney
Clinical Commissioning Group

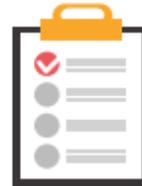
**VOLUNTARY
NORFOLK**

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For further information, acceptance/exclusion criteria and online referral please go to [VoluntaryNorfolk.org.uk](https://www.voluntarynorfolk.org.uk) → Our Services → Make a Referral to Our Services

Email: healthandwellbeing@voluntarynorfolk.org.uk



Wellbeing updates

It may still be frosty out, but the days are getting longer, and the sun is doing its best! Wellbeing are making the most of these crisp winter days by running their regular programme of walks across the county- from Lowestoft to Sandringham and many points in between!

They are also continuing the All to Play For men's football groups, with the new King's Lynn group kicking off at the end of January. They are also continuing running for wellbeing with Up the Tempo in Eaton Park. Online, they are holding Arts & Crafts, Laughter Yoga and continuing with the new popular Book Group. All the socials are open to everyone 16+, with no need to book. If you haven't gone to one of the socials yet, why not make 2022 the year you give them a go?

Wellbeing would like to invite you to follow their Socials Team on Facebook and Twitter where you can find more information on socials and what they have been up to. Given the current climate, this is also where they will post any up to date information such as if a social has to be cancelled at short notice, please check before setting off to one of the socials or email socials@wellbeingnandw.co.uk

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 the dedicated webpage Wellbeing Champion Training - The Wellbeing Service Norfolk & Waveney (wellbeingnands.co.uk) <https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>

VOLUNTARY NORFOLK

Good Practice Workshop: Wellbeing for Volunteer Coordinators and Volunteers

Bookings for the February online Good Practice are now open! This workshop takes place on February 24th, 2022, 10am – 11.30am on Zoom. This workshop explores how volunteer coordinators can look after their own wellbeing whilst also caring for that of their volunteers.

Most people recognise that volunteers have done an amazing job during the pandemic from telephone befriending to stewarding at the Covid Vaccine Centres. What people might not realise is the complex coordination it takes to get these volunteers recruited, trained, and then deployed to where they are needed.

In this session Home Start Norfolk and Come Singing will explain how they have kept their volunteers involved and included during the Pandemic. They will also be hearing from Helen Fitzhugh from the UEA Business School about her research into supportive management and the wellbeing of frontline worker (including volunteer coordinators). There will also be plenty of time to network and share experiences with other volunteer supporting organisations from Norfolk.

To book a place on Eventbrite, please use this link:

<https://www.eventbrite.co.uk/e/good-practice-workshop-volunteers-volunteer-coordinators-and-wellbeing-tickets-239285077107>



Carer's passports

Carer's passports are coming to Norfolk and Caring Together have joined with Carers Voice Norfolk and Waveney for an online workshop to tell you what they are and how you can get involved in plans for introducing them across health organisations.

Carer's passports are way to help improve identification and support for carers; they also stop you from having to tell your story over and over to different professionals – whether it be in hospital, or your local GP.

They have joined with Carers Voice Norfolk and Waveney to work on the project on behalf of the Integrated Care System, which involves working with carers and organisations to develop carers passports across the integrated care system, particularly health. The new Carer's passports project is aimed at carers of all ages.

As part of this work, they are holding a joint virtual event with Carers Voice Norfolk and Waveney on Wednesday 9 February, 2.00pm – 4.00pm.

If you are a carer, or work for an organisation who encounters carers, come learn more and find out how you can get involved in this exciting new project.

To book your place email, info@carersvoice.org

<https://www.caringtogether.org/news/carers-passport-event>

East Anglian DriveAbility



(01787) 222873
www.eastangliandriveability.org.uk

East Anglian DriveAbility



An independent charity with Occupational Therapists (OTs) and Approved Driving Instructors (ADIs) that specialises in enabling outdoor mobility with centres across the whole of East Anglia fully accredited by Driving Mobility. Working in partnership with DVLA, Motability and the Department for Transport (DfT).

What do we offer? Assessment and advice from a team of qualified professionals covering physical and cognitive abilities and visual screening:

- on adaptations to overcome physical problems with vehicle control for example using hand controls (see photo above)
- ~~with regard to~~ your ability to drive safely if you are unsure how the aging process or your medical condition is affecting you
- on wheelchair and scooter loading and transportation into your vehicle

Assessment and advice are also available on:

- passenger / driver access to vehicles if this has become a struggle
- wheelchair/scooter fitness to drive with advice on selection of type
- motorcycles
- vocational assessments for taxi drivers and PSV licence holders
- paediatric assessment including powered wheelchairs and car seats

Who do we offer advice and assessment to?

- People with a medical condition that may impact their ability to make appropriate decisions with regards to safe driving
- People with a disability who think they may need special modifications to a motor vehicle ~~in order to~~ be able to control it safely
- drivers who may have concerns about their standard of driving
- Parents/Carers who need to transport people, including children, with restricted mobility in a motor vehicle
- People considering a wheelchair accessible vehicle (WAV)
- People who wish to begin, or return to driving following an illness, ~~injury~~ or accident or who are recovering from an accident or injury which may temporarily affect their ability to drive or transfer to a vehicle.

WATTON

Our back-page odyssey this month visits Watton, a market town in Breckland with lots to attract interest. Watton suffered a great fire in 1674 and soon afterwards built this impressive clock tower to house a large bell to warn people if another fire broke out, especially in a stable door.



RAF Watton was a major part of the UK's defences from 1937 until it closed in 1990. Originally home to bombers, first RAF then USAF, then back to the RAF after W.W.II, with its function changing to reconnaissance. As technology eventually took over from aircraft, RAF related employment disappeared and, new jobs came with HM Prison Wayland and a large meat processing factory. Another lost feature was the railway which served Watton, known locally and intriguingly as the "crab and winkle line".

Watton lies at the northern edge of Breckland and nearby Thompson Common is renowned for its huge variety and numbers of dragonflies, damselflies, and butterflies.



The common also has several "pingos", not wildlife or cartoon characters but small ponds. They were created at the end of the last ice age. As the glaciers retreated, they left "lenses" of ice with soil piled over them. And, as this underground ice melted with global warming, depressions were formed by the soil collapsing into the resulting space. "Pingo" is the Eskimo word for "hill".

The Babes in the Wood legend was first recorded by Thomas Millington of Norwich in 1595. It is thought to be based on a factual report of Robert de Grey of Griston Hall having his nephew murdered to inherit the boy's wealth. Wayland Woods are part of the Griston estate and are said to be the place where the two infants were left to die.



The ghosts of the Babes are said to haunt these woods still, and the story is remembered in the Watton town sign.

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