



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

March 2022- Edition 31

Word from the Chair

As we clear up the damage from February storms Dudley, Eunice and Franklin, March comes in less like the lion of folklore but with the alarming reality of the Russian bear. War inevitably causes casualties, the first of which is said to be truth, followed by hardship, injury, and deaths. Older people in Ukraine and Russia are now caught up in personal tragedies in which their families are broken apart, living standards destroyed, helplessly facing a war that they do not want. The cruel statement that a single death is a tragedy; a million deaths a statistic, often attributed to Stalin, points to the awful headlines concerning Ukraine and moves six million deaths worldwide from COVID-19 to relative obscurity.

Although 1185 people died from COVID-19 in the week ending February 11th in the UK we are now moving towards a new normality as all government restrictions have been lifted. We know that many older people will feel extremely vulnerable, so we have asked for clear and concise guidance from public health on how to stay safe in the new circumstances. In the meantime, it is good to note that people in Bungay have created a warm rooms project to help people with the problems of loneliness and isolation and the sharply rising costs of keeping warm at home. The service is free and is designed to provide a warm, comfortable space, company, and a hot drink.

Also, Dr Tamara Backhouse delivered a useful, practical presentation on her research into why people with dementia may refuse assistance; a problem often encountered by carers. Her findings and booklet are available from Tamara.Backhouse@uea.ac.uk. Let us know if you are aware of other new schemes to help older people stay safe and well in Norfolk.

Kind regards

David Button
Chair of NOPSP

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Health articles



STOP PRESS

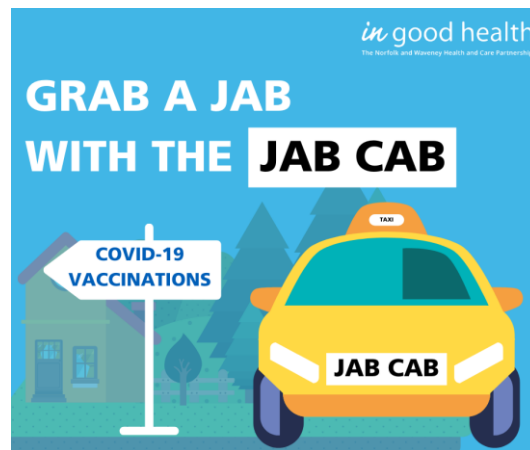
Public Health Norfolk update

Here is the latest advice from Public Health Norfolk on staying safe from COVID-19.

Individuals can still reduce the risk of catching and passing on COVID-19 by:

- Getting vaccinated. Vaccination remains the most effective way of protecting yourself and others so if you haven't yet taken all the vaccinations available to you, please do.
- Meet others outside. If you are meeting indoors, ventilate the room regularly letting fresh air in.
- If possible, avoid crowded enclosed public spaces. Wear a face covering in shops, on public transport, health care settings and other crowded and enclosed spaces, especially where you come into contact with people you do not usually meet, when rates of transmission are high.
- Keep a physical distance of 2 metres from others when out and about in public venues.
- Take a test if you have COVID-19 symptoms and staying at home and avoiding contact with other people if you test positive.
- Washing your hands regularly and following advice to 'Catch it, Bin it, Kill it'.

Further advice is available at [COVID-19 Response - Living with COVID-19.docx](#) (publishing.service.gov.uk) and the government will publish more information on April 1st.



Jab Cab Information

Norfolk and Waveney Clinical Commissioning Group (CCG) in collaboration with system health and care partners are funding a Jab Cab service until 31 March 2022. This service offers residents of Norfolk and Waveney a free taxicab return journey from any location - whether that's home, work, or school - to a vaccination site to receive a COVID-19 jab.

The service aims to help people who are struggling to get a COVID-19 vaccination dose and encourage as many people as possible to come forward and get protected against severe complications of catching COVID-19.

Eligible for people who are having a first, second, booster or fourth jab, health and care leaders across the region are hoping people take up the opportunity of a free journey to protect their health.

To claim your free journey, please book your COVID-19 vaccination- [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk/booking/coronavirus-covid-19-vaccination)

Alternatively check which walk in centre you'd like to visit- [Getting your Covid vaccine in Norfolk and Waveney](https://www.nhs.uk/healthcare/your-local-covid-19-vaccine-centre) Then call a participating, local taxi company to you and book your journey. Taxi companies which are taking part in the scheme are on this link- <https://norfolkandwaveneyccg.nhs.uk/jabcab>



Better Health, Every Mind Matters

Loneliness is an issue that can affect us all, young, or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated.

You should not blame yourself for feeling like you are struggling, now or at any other time. Find out more about the steps you can take to help yourself and those around you and where you can find further support-

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>



Norfolk and Suffolk NHS Foundation Trust (NSFT) Research newsletter

The latest NSFT 'Researching Together' newsletter is now available, with information on MINDS, a major study just launched, Lumi Nova, a digital therapy game, and training available- <https://sway.office.com/IFa1rhakFfpXNnQA?ref=email>

Activities and events



MONUMENT

The Green Light Trust

Join for a FREE taster session for unpaid carers, family and friends of people living with Dementia. Relax, laugh, and try a new skill. Monument are collaborating with The Greenlight Project, who have a site at Strumpshaw Fen- to enjoy some outdoor woodland activities. This is another FREE session, funded very kindly by The Green Light Trust, and you are welcome to stay for the whole duration or just an hour or 2 depending on your availability, they just ask that you start at the same time. There will be lunch provided.

There are two car parks very near to the site, and the option to be driven to where we will be based, if the walk from the car park to where the activities is too long. (approx. a 10-minute walk) The toilets are where the car parks are which includes a disability toilet and an outdoor camping style loo on the site where we will be.

Please do get in contact to sign up; they are running it over 2 different days, for the maximum of 8 people for each day.

Please see the flyer below for more details and how to book-

A MONUMENT taster day with

Green Light Trust-Strumpshaw Fen

Join us for a **FREE** taster session for unpaid carers, family and friends of people living with Dementia. Relax, laugh and try a new skill.

All on the beautiful grounds of Strumpshaw Fen

Friday 11th or 18th March 2022

Low Road, Strumpshaw, NR13 4HS

10am-3pm including lunch (flexibility to leave earlier if session is too long)

Come join us to have the opportunity to try and do at your own pace:

- Practical woodland skills
- Coppicing
- Green woodwork
- Fire lighting
- Campfire lunch
- Learn about the woodlands, animals and plants

Dress comfortably for the weather

Book now at:

monument@norfolk.gov.uk

or call: 01603 303378 or 01603 223146



Interreg 
2 Seas Mers Zeeën
MONUMENT

European Regional Development Fund



 **Norfolk**
County Council

The project MONUMENT's Norfolk pilot is led locally by the Environment Service at Norfolk County Council, working closely with colleagues in Adult Social Services, charities and our UK and European partners. MONUMENT is gratefully funded by the Interreg 2 Seas Programme 2014-2020, co-funded by the European Regional Development Fund.

Bringing the outdoors, inside....

Dementia Support Group

Relaxed, informal and free sessions:

Conversation, crafts and refreshments for unpaid family carers of people living with Dementia and those cared for

Hellesdon Library

10.30am-12.30pm

Friday 25th February

Welcome activities– self portraits, poems, open conversations

Friday 25th March

Spring begins– flower crafts and arranging

Friday 29th April

Queen's birthday– birthday party, make bunting and refreshments

Friday 27th May

World 'Bee' Day– rock painting– take home to put in garden

Friday 24th June

Queens Platinum Jubilee– 70 years reigning, Afternoon tea, union jack themed

Message us to secure a place:

monument@norfolk.gov.uk

or call: 01603 223146 or 01603 427790

Drop-ins welcome where space allows



Interreg 
2 Seas Mers Zeeën
MONUMENT
European Regional Development Fund

**borrow
discover
connect**

 **Norfolk**
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Pathways Into Nature

The MONUMENT team are thrilled to announce new 2022 dates for their 'Pathways into Nature' training sessions for professionals, volunteers and organisations who are keen to enhance their inclusivity for the benefit of carers and those living with dementia. This training is delivered by the experienced team at Dementia Adventure.

MONUMENT's 'Pathways into Nature' training session encourages professionals to:

- Explore the health and wellbeing benefits of nature.
- Increase your knowledge of dementia and what matters most to carers.
- Offer practical guidance to plan successful outings.
- Identify the mental and physical barriers to accessing the outdoors.
- Provide resources to help improve access nature and the great outdoors.
- Share stories, experiences, and strategies

They have seven online ***Pathways into Nature*** sessions available to book now:

Thursday 10 March @ 09:30 - 12:30

Monday 28 March @ 13:00 - 16:00

Tuesday 19 April @ 13:00 - 16:00

Wednesday 27 April @ 09:30 - 12:30

Thursday 03 May @ 13:00 - 16:00

Thursday 12 May @ 09:30 - 12:30

Wednesday 25 May @ 09:30 - 12:30

Book your place via Ticket Tailor- [Buy tickets for MONUMENT: Pathways into Nature \(tickettailor.com\)](https://www.tickettailor.com/events/monument-nature) or call: **01245 237548**.

Sessions are FREE, online, and easy to join. Booking is essential. To know more please email: monument@norfolk.gov.uk



Age UK Norwich-

Veteran's Reminiscence Group

This group is open to anybody with a connection with any of the armed forces and their partners or carers and they especially welcome anybody with a dementia diagnosis. The group is run by two experienced volunteers who are also veterans themselves and meets every other Friday at Age UK Norwich's Marion Road Centre from 10.30am-12.30pm.

Attendees are encouraged to bring any pictures or objects that they may wish to share with others and talk about. Parking is available and transport can be arranged for anybody who might have difficulty getting to the group otherwise. Refreshments are provided.

Next session– Friday 11 March 2022. For more information, please contact Heather on heather.stabler@ageuknorwich.org.uk or 07435 984683; Age UK Norwich Marion Day Care Centre, Marion Road, Norwich, NR1 4BN- www.ageuk.org.uk/norwich/

St Stephens Café Table

Come along for a nice cuppa and chat at the brand-new group at St Stephen's café. Run by wonderful volunteers for anyone who would like to stop by and join. No need to book, just come along for a chat and a cuppa with their friendly group – bring a friend, relative or

your Activity Befriender! Keep an eye out for blue lanyards worn by the volunteers. They have booked the glass meeting room inside the café to the right, to support the group to feel safe and able to social distance. All welcome!

Cost: Free; Frequency: Weekly

When: Thursday's, 2pm-3pm; Where: St Stephen's Church Café, 2 Rampant Horse St, Norwich NR2. The church next to M&S with the church yard that backs onto Chapelfield/ Chantry Place.

Contact- Stella Sheldon Community Outreach Officer stella.sheldon@ageuknorwich.org.uk



CAN Connect virtual coffee mornings

CAN Connect is holding virtual coffee morning on the last Friday of every month and will start at 10am for one hour. These coffee mornings are to support people who may feel isolated or lonely. Each month will be a different guest speaker from energy saving, mindfulness, and homelessness, etc. These coffee mornings give you the opportunity to chat with new people from the comfort of your own home. From quizzes and speakers, to a general catch up and a chance to talk, there will be something for you-

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

To view dates etc; please see this link- <https://www.eventbrite.co.uk/e/can-connects-virtual-coffee-morning-tickets-260346913627> Their next virtual coffee morning on Friday 25th March and will start at 10am for one hour. The speaker for this month will be Paula Vale delivering Mindfulness for Mental Wellbeing- www.mindfulnessspace.co.uk

Please see the flyer below for more information-

MINDFULNESS FOR MENTAL WELL-BEING



Hello my name is Paula I am a qualified mindfulness teacher my passion is helping adults and children with their mental well-being. Having suffered over the years myself with my mental health I am motivated to share the gift of mindfulness with others. For me mindfulness saved me, it saved me from my over thinking mind.

I am excited to be able to share with you some tools to help you understand and work with your mind.

For more information take a browse at my website

www.mindfulnessspace.co.uk

Active Norfolk pilot project



Norfolk Assistance Scheme active norfolk Alive

**Improve your physical health
and wellbeing**

Free gym memberships available*

Active Norfolk and the Norfolk Assistance Scheme are running a short pilot scheme in West Norfolk offering free gym memberships at **Alive West Norfolk** and £50 of gym clothing.

Do you fall into the following categories?

			
Don't have the financial means to pay for a gym membership?	Experiencing feelings of loneliness or social isolation?	Struggling with poor mental health or wellbeing?	Want to get more physically active?

If so, apply online today at www.norfolk.gov.uk/NAS or call 0344 800 8020

*Gym memberships available only in West Norfolk. Funding operates on a first come first served basis, and will run until the end of March 2022.



The Home Library Service

Home Library Service delivers books and other media to people unable to get to their local library due to poor health, mobility issues, or caring responsibilities. To use this free service, please email libraries@norfolk.gov.uk or phone 0344 800 8020. Or to find out how you can become a Home Library Service volunteer visit the Royal Voluntary Service website-

<https://www.royalvoluntaryservice.org.uk/volunteering/find-an-opportunity/>

Information and advice



East of England Ambulance Service
NHS Trust

Keysafe Access form

When a 999 call is received the team within the Ambulance Operations Centre (AOC) will use their Computer Aided Dispatch (CAD) system to process the call. Within the CAD system they can add a flag to an address. When a 999 call is received for that address, the call handler is then alerted that a flag has been placed on the address and this information is then passed to the attending crews.

To request that a Key Safe or Access Code Flag is to be added to the CAD system, the form on the link below should be completed by the patient, building owner or someone acting on behalf of the patient with their consent- <https://www.eastamb.nhs.uk/contact-us/keysafe-access-form.htm>



Wellbeing Update

All Wellbeing 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! They will always maintain online socials also, including Arts & Crafts, Laughter Yoga and with other enticing virtual socials. All the socials are open to everyone 16+, with no need to book. If you haven't come to one of the socials yet, why not make 2022 the year you give them a go? Please check online before setting off 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](https://www.wellbeingnands.co.uk)
([wellbeingnands.co.uk](https://www.wellbeingnands.co.uk)).

For more information on the social events, please see this link-

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



Updates from Independent Age

Mental health-

As we get older, changes in our lives, such as bereavement, illness or retirement, can affect our mental health. But getting older doesn't mean your mental health will always get worse. There are steps you can take to keep yourself feeling well and find help if you need it- <https://www.independentage.org/get-advice/health/mental-health/your-mental-health>

Income-

Money can be tight at times, especially once we retire and find ourselves living on a fixed income while our fuel bills, travel costs and general living expenses go up every year. Yet many older people are missing out on hundreds of pounds of entitlements they could be due or paying over the odds for their bills. The Independent Age guide could help you boost your income and cut your bills – by claiming benefits you may not have realised you're entitled to, getting help with energy costs and shopping around to find the best deals for you-

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



Moving house checklist from Which?

Moving house can be tiring and stressful. There is a lot to remember, including who to notify that you are moving. This check list from Which? may be of interest for those who are moving home. The article includes a downloadable moving house checklist, a list of organisations to contact before you move, redirecting your mail and calls, choosing a removal company, and more-

<https://www.which.co.uk/money/mortgages-and-property/home-movers/moving-house/moving-house-checklist-ap7pv6c6t74x>

NIDAS (Norfolk Integrated Domestic Abuse Service)

NIDAS is a domestic abuse support service for those assessed to be high or medium risk. They also offer dedicated support for Children and Young People (if their parent/care giver has been/or is being supported by an IDVA), recovery programmes, coordinated multi-agency support, and access to IDVA support in criminal courts for people who are at medium or high risk.

NIDAS is a countywide partnership delivered by 5 service providers – Leeway, Orwell Housing, Pandora Project, Daisy Programme and Safe Partnership. The service has been commissioned and shaped by OPCCN (Office of the Police & Crime Commissioner for Norfolk), Norfolk County Council, Norwich City Council, South Norfolk and Broadland District Councils. It is a consortium of specialist support services working together to ensure people living across the county have access to a full range of help and guidance regardless of where they live. This service will be the first system of its kind in the county, offering a fully integrated service making intensive one-to-one support, a multi-agency response and help towards practical solutions available.

Domestic abuse can be any form of physical, sexual, psychological, coercive control, or financial abuse carried out by a partner, ex-partner, or family member. This includes honour-based violence and forced marriage, as well as stalking and harassment. It doesn't matter what your age, race, gender, sexual orientation, gender identity, religion, wealth, or lifestyle – domestic abuse can occur in any relationship. In the year ending March 2020, 2.3 million adults aged between 16-74 experienced domestic abuse in England and Wales. Domestic abuse has a devastating impact on the lives of so many people. For more information or for support please see the website [Home - NIDAS \(nidasnorfolk.co.uk\)](http://nidasnorfolk.co.uk)



Amputation Foundation

The Amputation Foundation

The Amputation Foundation is a unique charity, that not only assists amputees but also medical professionals in their work to give new amputees the best start, following amputation. The Amputation Foundation has been created by amputees with a passion for helping and supporting others. This passion comes from two unique guys from two totally different backgrounds, one military personnel who was blown up in Afghanistan and one civilian who was injured in a major road traffic accident. Both have many years' experience living with multiple amputations and many combined years of inspiring and motivating other amputees, who many have gone on to volunteer their time and efforts; to helping others or gone back into employment.

The Amputation Foundation can assist amputees with many of their support needs and providing information that will be relevant to starting a new life as an amputee which will include benefits and legal information, prosthetic centre advice and information, and education and retraining. The Amputation Foundation will continue to support amputees with their needs moving forward through rehabilitation and on to retraining for future employment and even sports and hobbies which may require adaptations or specialist inclusive activities.

<https://amputationfoundation.org/>



Action for Warm Homes

The Fuel Poverty and Health e-learning

The Fuel Poverty and Health e-learning will look at the causes and impacts of fuel poverty with a focus on the health impacts. It aims to help delegates identify those likely to be at risk from fuel poverty and signpost to assistance.

Fully funded places are available to non-commercial organisations based in England. Learners must be frontline staff or volunteers that encounter and provide advice to those in or at risk of fuel poverty. Funded places are currently only available for those based in England however there will also be places available to learners based in Wales a little later in the year. This course is designed for anyone wanting to learn more about fuel poverty, its causes and links with physical and mental wellbeing. The objectives are to explain causes of fuel poverty, identify health impacts of fuel poverty, explain causes of and remedies for condensation dampness and identify some of the assistance available to those at risk from fuel poverty

Learners will have access to the course for two weeks and be able to study online at a time and location that is convenient to them. This course will take approximately 2 hours to complete however each learner is different and e-learning offers the flexibility to study at your own pace. We do also accept bookings from delegates that do not meet the above criteria however there will be a charge, fees start at £66 plus VAT. Please contact lynsey.thompson@nea.org.uk for further details. <https://www.nea.org.uk/>



Understanding and Improving Your Credit Score- online event

In collaboration with HSBC, Future Supports' Money Matters will be exploring credit scores and credit reports. This free session on Friday 4th March at 1.30pm will give you all the information and lots of tools to help you understand and build your credit score. We will explain what a credit score is, and why it might be important both now and in the future. We will also explain what can negatively affect your credit score, as well as giving you some helpful guidance on how to positively influence it.

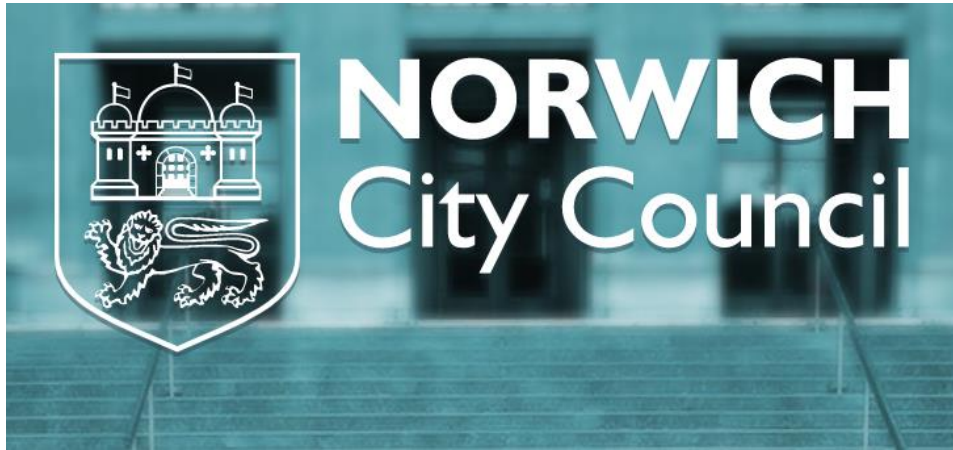
Places can be reserved via Eventbrite - <https://www.eventbrite.co.uk/e/271935766197> or by contacting Money Matters Coordinator Sally Thornton s.thornton@futureprojects.org.uk



Independent Living newsletter

Content in this edition includes recording PIP assessments, the Learning Disability register, young Innovators, World Cancer Day, Disability Grants and much more-

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



Norwich City Hall Digital hub

Open to everyone in the community for a bookable appointment at City Hall, St Peters Street, Norwich, NR2 1NH.

They are currently taking bookings for the Digital Stuff Hub (where you can borrow a tablet, laptop and/or MiFi), or for digital support sessions, on Thursday mornings from 10am to 12pm.

Please contact Fiona on 07436 201533 to make an appointment.

https://www.norwich.gov.uk/directory_record/1842/norwich_city_hall_digital_hub



Norfolk Community Watch (NCW) Newsletter articles

The NCW newsletter contains articles on the 159-bank hotline, direct debit cold calling scams, delivery service imposters, and many more-

[Norfolk Community Watch Magazine January 2022 by Peter Faulkner - Issuu](#)

Please see below an article from the newsletter for your perusal, regarding the latest What's App scam.

DO your friends and family contact you on WhatsApp? If they do now is the time to make sure you know the caller is genuine.

New data from Action Fraud, the national reporting centre for fraud and cyber crime, reveals a new emerging threat where victims are being targeted on WhatsApp by criminals pretending to be someone they know.

The scam has so far cost users a total of £48,356 and it is easy to fool someone.

Criminals will typically claim to be a family member and will usually begin the conversation with "Hello Mum" or "Hello Dad".

They will say that they are texting from a new mobile number as their phone was lost or damaged and will go on to ask for money to purchase a new phone, or claim that they need money urgently to pay a bill.

The criminal will supply their bank details for payment, with some coming back with further demands for money.

Criminals are successful in their approach as they are exploiting the emotional vulnerability of the public in an attempt to deceive victims.

In one instance, a victim reported paying over £3,000 to someone who they, again, believed was their son after they received a WhatsApp message.

The son had moved to a different country a week before and was due to pick up a new car that day.

The suspect claimed that they needed the deposit transferring urgently so they could pick up the car. The victim made four payments to two different accounts totalling over £3,000.

The warning comes as WhatsApp launched a new campaign, in partnership with National Trading Standards' Friends Against Scams campaign, to help equip the public with the skills they need to protect themselves, their families, friends and their WhatsApp account from message-based scams.

This includes free online training via the Friends Against Scams website.

Louise Baxter, Head of the National Trading Standards Scams Team and Friends Against Scams, said: "Lots of people may feel immune to scams, but these 'Friend in need' scams are particularly effective as they prey on our kindness and desire to help friends and family.

"Scammers send messages that appear to come from a friend or family member



Make sure you are not talking to a criminal

asking for personal information, money, or a six-digit PIN number. The messages are sent from the compromised accounts of your friends, so they look as if they're coming from someone you know.

"The rising number of cases highlights why it's important for all of us to protect ourselves, our friends and families from scams."

How to protect yourself

If you receive a similar message that's asking you for money, speak with the person over the phone to verify they are who they say they are.

You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

Action Fraud advises that the public follow the advice of the Take Five to Stop Fraud campaign to keep themselves safe from fraud.

Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040.



Louise Baxter



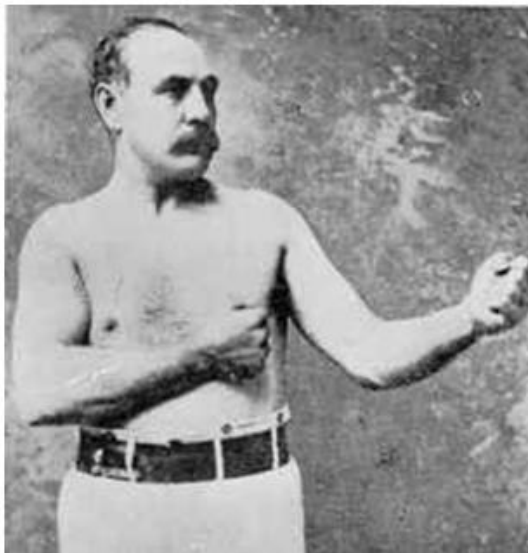
Swaffham



Ceres, the Roman goddess of agriculture, has stood on the roof of the Buttercross since 1783.

Swaffham was used as the setting [Market Shipborough] for the TV series "Kingdom" starring Stephen Fry and a star-studded cast, including Hermione Norris, Celia Imrie and Phyllida Law. The show also starred the beautiful buildings around the market square which earned the town the name "England's Montpelier".

An earlier star who hailed from Swaffham was Jem Mace, who was also known as "The Swaffham Gypsy". In 1870 after a long career of bare-knuckle fighting, he became the undisputed heavyweight champion of the world.



To toughen his fists for bare-knuckle fights Jem is said to have soaked his

hands in a mixture of copper, gunpowder, whisky, and horseradish.

John Chapman is another son of Swaffham on whom the legend of the "Pedlar of Swaffham", immortalised in the town sign, is based. In the 15th century he had a dream telling him to go to London where he would meet a man who would make him rich. He went to London where he met a shopkeeper who told him he too had a dream in which a man from Swaffham would discover treasure in his garden. Returning home, Chapman unearthed two large pots of gold.



A Swaffham landmark is the giant wind turbine. It was the first megawatt class windmill in the UK. 67 metres high, it was the only turbine where the public could climb the 305 steps inside the tower to get a unique if giddy, view of the rotating blades and the surrounding countryside.



Oh...and Black Shuck visits Swaffham on the occasional dark night!

Kind regards

Norfolk Older People's Strategic Partnership (NOPSP)

Email: nospb@aol.co.uk

Answerphone: 07963 304015

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

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

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

UK General Data Protection Regulations 2020 (UK GDPR)

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

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

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



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