



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

June 2022- Edition 34

**Word from the Chair**

**Back to the future.**

July 1<sup>st</sup> will see the formal introduction of the Norfolk and Waveney Integrated Care System and we welcome older residents of Waveney district to join with their counterparts in Norfolk. The apparently fundamental change from a competitive system to a collaborative model is welcome. The direction of health and care services had been to develop cooperative working until the internal market and competition were introduced from 1980. Competition has too often resulted in a race to the bottom, and has not delivered the hoped-for innovation, especially in the areas of care and services for older people. The ICS will not in itself reduce waiting lists, remove staff shortages, or get rid of factors like poor housing and poverty which contribute to health and well-being. We shall need to be patient, a commodity much limited by time in older age.

Older people as much as any other generation will have to face the rising costs of food and fuel from a reduced income resulting from the suspension of the triple lock on pensions last year. As we approach midsummer, older people and those who care for them should make certain that they are getting all the financial help to which they are

entitled. Every household will receive a £400 grant and further discretionary monies are available. Age UK and Citizens Advice are there to offer help and advice.

A news item causing concern last week was the introduction of accessing car parks only through a smart phone and app. This has resulted in some cases in fines and, in many more, distress. A few years ago, in conversation with an official, now working within the ICS, about digital exclusion of many older people, it was suggested that they should “get a life”. The introduction of new technologies has a particular impact on older people who have already experienced at least three generations of change. We hope the ICS partnership will ensure that nobody is excluded, distressed, or embarrassed because they don’t have the latest phone or computer.

And finally, this week we celebrate the 70-year reign of Queen Elizabeth II. At 96, and recently experiencing mobility problems, she has a special affinity with many older people.

Kind regards

David Button  
Chair of NOPSP

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### **'Something to look forward to' - For people affected by cancer**

'Something to look forward to' is a charity website for people with cancer and their families to access a variety of gifts generously donated by people and companies. Find anything from restaurant meals, hotel stays, beauty treatments, tickets for events and attractions. Their aim is to promote the well-being, relieve the stress and aid the recuperation of those who are experiencing the effects of cancer and its treatment, together with their families, by the provision of positive individual and/or family experiences.

'Something To Look Forward To' improves quality of life for cancer patients and their families by providing gifts, experiences, and essentials, helping to relieve the financial burden associated with cancer treatment and allowing those affected to focus on rest, recuperation, wellbeing, and positive memory building. We focus on researching, identifying, and building long lasting relationships with individuals, and companies who donate gifts and experiences which we then match to those in need.

Cancer is a physical disease but, like any illness, it affects who you are and how you make sense of the world. A sense of well-being enables people affected by cancer during and after treatment to lead as normal and active life as possible and it is an integral part of the cancer pathway. It is also essential that well-being support is available to families and Carers, so their support needs are met as well. The holistic approach offered by the 'Something To Look Forward To' service leads to more positive outcomes for people affected by cancer. The support provided by 'Something To Look Forward To' has shown an average increase in wellbeing of 126%. <https://somethingtolookforwardto.org.uk/>



### **The Brain & Spine Foundation**

The Brain & Spine Foundation is the only UK-wide charity providing professional support and expert information for all 600+ neurological conditions. If you are struggling with painful symptoms and don't know where to turn, they offer practical guidance and emotional reassurance. If you need help understanding complex medical information, they provide clarity. If you just need to talk, they listen and understand. Your needs may change over the years, and they are here for the entire journey – the good days and the bad.

The term 'neurological' comes from neurology – the branch of medicine that deals with problems affecting the nervous system. The word neuro means nerve and nervous system. Some neurological problems or conditions are present from birth (congenital), some are hereditary (genetic) and others have a sudden onset due to injury or illness, such as a head injury or stroke, or a cancer of the brain or spine.

There are over 470 known neurological conditions. Some conditions, such as head injury and stroke, with the right treatment and support, may make a good recovery. Other conditions, such as muscular dystrophy and motor neurone disease, are degenerative (symptoms worsen over time). A neurological condition may often result in some degree of disability.

The helpline is a free confidential service providing support to anyone affected by a neurological condition or problem, their family, friends, and carers. The helpline team are

here to support you however we can. They provide impartial, tailored information and specialist support on issues such as tests and investigations, treatment and managing long term conditions, the emotional impact of a diagnosis, treatment or living with a long-term condition. They can help you make sense of medical information and what might happen next, get questions together to ask at your next GP or hospital appointment, access neurological services and advice on where to get more information and support. Call free on 0808 808 1000. Helpline hours are Monday to Friday: 9am to 4pm (Not open on bank holidays)

The helpline can get very busy, and they answer as many calls as possible, but if you can't get through, please leave a message and they'll get back to you. Unfortunately, they can't return calls to numbers that bar or do not accept calls from withheld or anonymous numbers.

Email the helpline team: [helpline@brainandspine.org.uk](mailto:helpline@brainandspine.org.uk) and they aim to respond within three working days, but at busier times or for complex enquiries it may take longer. Or you can write to them at:

Brain & Spine Helpline  
CAN Mezzanine (4th Floor)  
7-14 Great Dover Street  
London  
SE1 4YR

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

## **Activities and events**



### **Men's Shed**

Please see the flyers below on Men's Sheds in Gorleston and Attleborough.

For more information, please see their website-

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



# Gorleston & District Men's Shed



**Want to learn something new, share your talents with others or just a place to socialise?**

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

If you would like to be involved please contact

Stephen Ward

Chairman

M: 07726 304595 OR

Lynn Arnold

Development Worker

Norfolk County Council

M: 07901 517720



## ATTLEBOROUGH AND DISTRICT MEN'S SHED



Are you a man or know a man who:

- Is looking for something to do?
- Wants to make friends?
- Would like to have a chat and a laugh?
- Wants to learn new skills?
- Would like to share your skills and knowledge?

If so a men's shed could be for you

If you'd like to get involved, or maybe even help us in setting it up, we'd love to hear from you! **Do you know of a potential venue we could use?** Spaces where practical tasks can take place are usually best. We will shortly be setting up a meeting of those who want to get involved, so **get in touch**

**For further details, please contact us:**

[ana.lloyd-williams@norfolk.gov.uk](mailto:ana.lloyd-williams@norfolk.gov.uk) or **07818587410**

Alternatively, contact **Jonny Wood** (Norfolk Men's Sheds Network Facilitator) on **07384 113658** or

[jonny.wood@bettertogethernorfolk.org.uk](mailto:jonny.wood@bettertogethernorfolk.org.uk).



**Norfolk**  
County Council



Creating Connections | Building Communities



### **The MONUMENT project family day**

Please see information below on the MONUMENT family open day on Saturday 11<sup>th</sup> June.

For more information please email: [monument@norfolk.gov.uk](mailto:monument@norfolk.gov.uk) or see their website pages-

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/our-budget-and-council-tax/our-budget/bids-and-funding-weve-won/outdoor-and-tourism-project-funding/monument>





# MONUMENT FAMILY OPEN DAY

Saturday 11 June • 10am - 4pm



The Costessey Centre, Longwater Lane, NR8 5AH

***A fun-filled day for people living with dementia, their families and friends.***

## Indoor & outdoor activities

Scavenger hunt  
Therapeutic guinea pigs

Face painting  
11am-2pm

Meet Robert Fleck  
11am-1pm

Punch and Judy  
1.30pm-2pm

1940's singer  
3pm-4pm



**FREE  
parking  
& entry**

**Interreg**   
2 Seas Mers Zeeën  
**MONUMENT**

European Regional Development Fund



**Norfolk** County Council

Research has proven that being outside in nature brings extensive health and well-being benefits to people living with dementia. MONUMENT is a pilot project which aims to help people living with dementia, their friends and families experience nature. MONUMENT's Norfolk-based pilot is led by Norfolk County Council, funded by the Interreg 2 Seas Programme 2014-2020, co-funded by the European Regional Development Fund.

## **Carers Week Conference**

Please see information below on the Carers Week conference on Wednesday 8<sup>th</sup> June.

For further information please see their website-

<https://www.caringtogether.org/professionals/gps-health-care>



## **Join us for a virtual Carers Week conference**

**Wednesday 8 June 2022 9.45am-3.15pm**

**With sessions for both carers and health professionals.**

**All of the sessions will be in line with the theme of Carers Week – making caring visible, valued and supported. Topics include:**

- **Involving carers within hospital discharge**
- **Carers Passports within health settings**
- **Effects of caring on the mental health of carers**
- **COVID-19 and carers.**

**To book your place, please email [info@carersvoice.org](mailto:info@carersvoice.org)**

**Latest information about the conference, including timings of individual sessions, can be found at [caringtogether.org/health](https://www.caringtogether.org/health)**



### **Shaping the Market webinar**

Please see details below of the Shaping the Market webinar on Monday 6<sup>th</sup> June.

For more information, please see <https://norfolkandsuffolksupport.co.uk/events/>



Agenda:

**eCare records & Information  
Norfolk Advice Network &  
Norfolk Advocacy Partnership**

**6th June 2022**  
11 AM to 12.30 PM

**Please RSVP to**  
**assd.admin@norfolk.gov.uk**

**Two-way dialogue between Norfolk  
County Council Commissioning  
and Norfolk adult social services  
and community groups.**

**With Q&A on discussion topics  
and other activities.**

**eCare Records update by Stephen Boddington,  
Innovation Lead, Norfolk County Council**  
Good quality records underpin safe, effective,  
compassionate, high-quality care.

**Norfolk Advice Network & Norfolk Advocacy  
Partnership by Chris Jones, Senior  
Commissioning Manager, Community  
Commissioning, Norfolk County Council**

- The Norfolk Advice Network is a **FREE** Information, Advice and Advocacy Service
- The service is funded by Norfolk County Council and the lead providers are Age UK Norfolk and Equal Lives
- It is available to adults, family members, carers and professionals across Norfolk and will provide easier and quicker access to the information, advice and specialist support they need.





### **Free energy advice training session**

With the huge rise in energy bills, many households are struggling to cope with the rising living costs. Free training is offered to any frontline workers and volunteers working with people that may be struggling to heat their home adequately. Simple advice such as understanding energy bills and different tariffs, reading the meter, and accessing support including energy efficiency measures can make a big difference! Find out more about changes to the energy markets, what financial support is available, Carbon Monoxide awareness and how the Norfolk Warm and Wise team at Citizens Advice can help people needing extra help. You may also discover how to save yourself money on your own energy bills too!

There will also be opportunity to meet other frontline workers and volunteers including members of the Norfolk Warm and Wise team. Previous participants have included advice volunteers, social housing officers, health visitors and support workers. Participants will receive training materials and information leaflets and booklets. Tea/Coffee and cake will be provided! Spaces are limited, so please book early.

DATE: Tuesday 14 June 2022.

9:30am – 11am, Taylor meeting rooms, Taylor Road, Diss, Norfolk IP22 4BD.

To book a place visit: <https://www.eventbrite.co.uk/e/free-energy-advice-training-for-frontline-workers-and-volunteers-tickets-347076664647>

To find out more please contact Caroline Mackinson, Norfolk Warm and Wise Project Coordinator, [project.coordinator@cadat.org.uk](mailto:project.coordinator@cadat.org.uk); 01379 658200

Norfolk Warm and Wise is a partnership project between Citizens Advice services in Norfolk, funded by Energy Redress. Citizens Advice Diss, Thetford and District 01379 658200 [www.cadat.org.uk](http://www.cadat.org.uk) Energy Advice is available from the Norfolk Warm and Wise team via email, <https://www.cadat.org.uk/energy-advice-request/>



### **Backup Charity course- What Next?**

Date: Tuesday 14 – Thursday 16 Jun 2022

Location: Online

Welcome to 'What Next?', a free online course for people who have recently sustained a spinal cord injury. 'What Next?' is a Back Up course which takes place completely online. It is an Online Guide combined with live Q&A Zoom sessions and workshops throughout the week.

We know that sustaining a spinal cord injury is just the start of a new journey and that returning home can be lonely and confusing, especially if your rehab has been affected by COVID-19 restrictions. With this course you will have the opportunity to learn more about spinal cord injury and how to best move forward with life, all in the company of people who know exactly what you're going through. The Online Guide will be a hub full of information about living well with a spinal cord injury. It will cover continence (bladder & bowel care), health and wellbeing, mobility, relationships and accessing support in the community.



You will have access to this Online Guide before and after the course. They will also support you to develop a goal planning document to take away from the sessions throughout the week, which you can work on and refer to beyond your 'What Next?' course. You will be invited to join live Q&A interactive sessions to discuss any questions you may have throughout the week. These sessions will be led by professionals in their field, as well as people with spinal cord injury who have lived experience of what you are going through.

This online spinal cord injury course is free and takes place virtually meaning you can join from the comfort of your own home. If you would like some further information, please call the courses team on 020 8875 1805 or email us- [courses@bakuptrust.org.uk](mailto:courses@bakuptrust.org.uk)

You can apply online by clicking the

link. <https://forms.office.com/Pages/ResponsePage.aspx?id=XA7wJAso4kCmSYD2yGb6--Hz4V-GGZ9Jr42PfY1j0eRUQUE3TkNXWFMxWDBMRjJDUUIENFhWVU40NiQIQCN0PWcu>



### **Wellbeing socials update**

There has been a taste of sunny weather, so Wellbeing are hoping for more in June! They'll be making the most of being outdoors with walks across the county, from Hunstanton to Lowestoft. They'll also be at the Norfolk Show at the end of the month, so if you're going along, pop over and say hi to them. Wellbeing won't be at Redwings this month (as the regular session is on the Jubilee bank holiday), but will be back on Friday 1<sup>st</sup> July and they would love to see you there! This is one of their favourite socials as it combines some of their favourite things- fresh air, animals, and tea! Join them in July to

see why they like it so much 😊 They are still running the online socials as well- including Arts & Crafts, Laughter Yoga and more.

All 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! Remember, the socials are open to everyone 16+, with no need to book-

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



### **EPIC Norfolk Walks for the over 50's**

EPIC have confirmed that their walks are free of charge to attend. All sessions are led by a qualified walk leader.

3 brand new 8-week walks starting soon-

- Starting Tuesday 7 June at 9:30am – Waterloo Park, Norwich
- Starting Thursday 9 June at 9:30am – Eaton Park, Norwich
- Starting Thursday 9 June at 4pm – Aylsham, Norfolk

Please see the flyer below for more information-



| Waterloo Park, Norwich             | Eaton Park, Norwich                | Aylsham                            |
|------------------------------------|------------------------------------|------------------------------------|
| TUESDAYS 9.30-10.30AM              | THURSDAYS 9.30-10.30AM             | THURSDAYS 4-5PM                    |
| STARTING 7 <sup>TH</sup> JUNE 2022 | STARTING 9 <sup>TH</sup> JUNE 2022 | STARTING 9 <sup>TH</sup> JUNE 2022 |
| FREE FOR 8 WEEKS!                  | FREE FOR 8 WEEKS!                  | FREE FOR 8 WEEKS!                  |
| MEET OUTSIDE THE FEED CAFÉ         | MEET AT THE BAND STAND             | MEET AT AYLSHAM REC (PAVILION)     |
| ALL AGES AND ABILITIES WELCOME     | ALL AGES AND ABILITIES WELCOME     | ALL AGES AND ABILITIES WELCOME     |

Contact: [info@epicnorfolk.com](mailto:info@epicnorfolk.com)



SUPPORTED BY:



### **Stepping back safely carers workshop**

The stepping back safely carers workshop is for carers aged 18+ supporting people at risk of suicide and self-harm.

Please see the flyer below-



## Psychoeducation workshop of carers

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**The stepping back safely carers workshop is for carers aged 18+ supporting people at risk of suicide and self-harm.**

These workshops provide carers with coping skills and tools to help manage risk while also raising awareness of safety planning. These workshops are delivered outside normal working hours to best meet carers' needs - especially those who are juggling work commitments alongside their caring role.

The workshops have been developed alongside a group of people with lived and learned experience of supporting loved ones with long-term suicide risks and self-harming behaviours. Several people within this co-development group, have very sadly lost a loved one to suicide.

The next workshops are:

- **Session one:**  
**Service user and their risk and recovery.**  
Wednesday 8 June – 6pm to 8.30pm
- **Session two:**  
**Carer and their needs.**  
Wednesday 15 June – 6pm to 8.30pm

Sessions one and two are designed to be delivered across two, two-and-a-half hour sessions, generally delivered on weekday evenings. There is also a one-day workshop which incorporates both sessions.

Any carers or family members (aged 18 years and above) who are supporting a loved one, friend or family member at risk of suicide and self-harm can book a place on the workshop by emailing [steppingbacksafely@nsft.nhs.uk](mailto:steppingbacksafely@nsft.nhs.uk)

This workshop is not suitable for young carers or for carers who are caring for someone under the age of 14 years.

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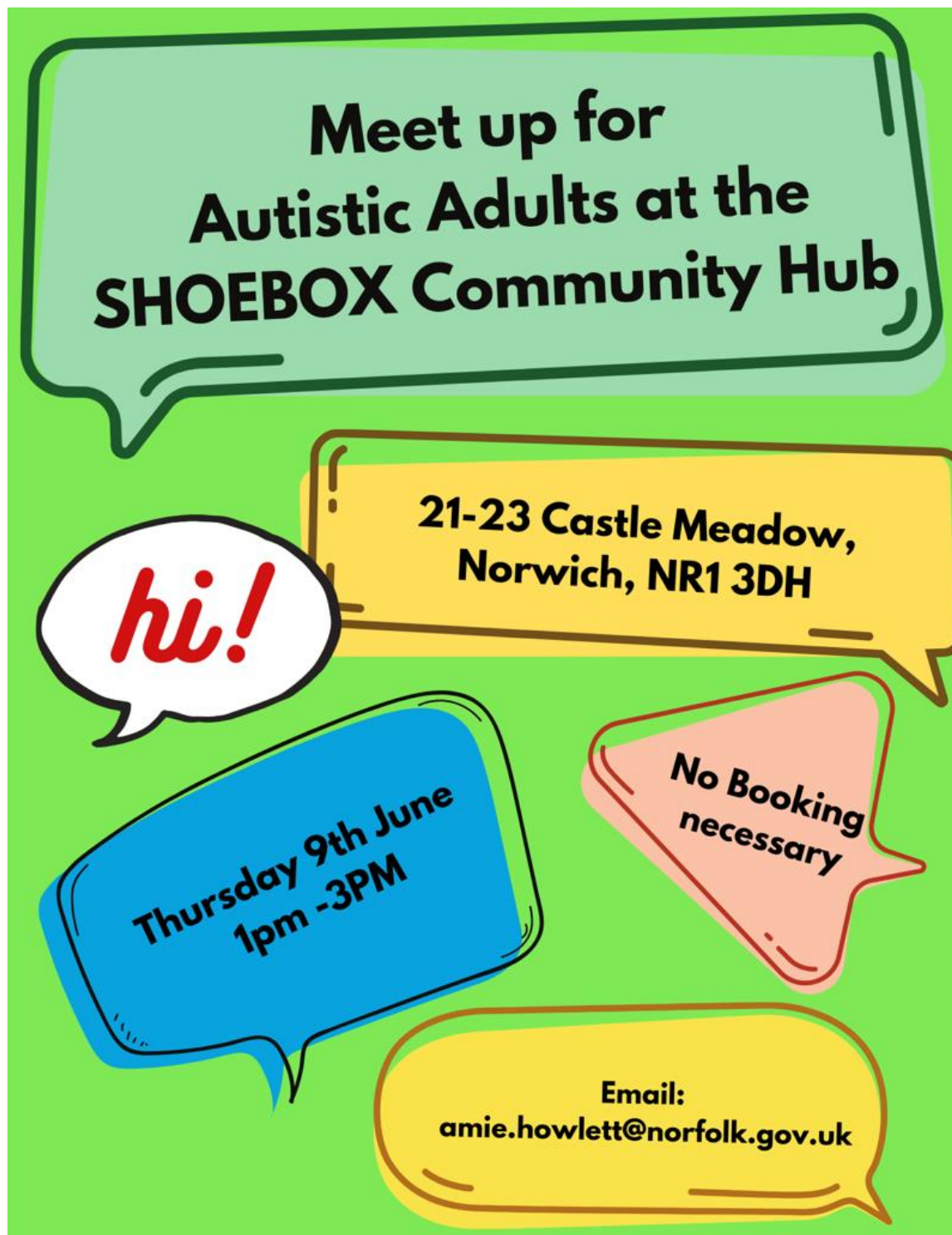
### Carers workbook

We have developed a carers workbook to run alongside the workshop. The workbook follows the workshop slides and incorporates workshop exercises for the carer. It also provides a resource section, information and signposting for carers across Norfolk and Suffolk and details of National organisations supporting carers.



## Autism meet up group

Please see details below-



# VOLUNTARY NORFOLK

## **Good practice workshops**

To mark Volunteers' Week in June Voluntary Norfolk are running two Good Practice Workshops all about volunteering this month.

On Thursday 9th of June, the Voluntary Norfolk Communities Team will be introducing the new online Volunteering Platform. They're really excited about this one as the new platform will make advertising and finding volunteer opportunities much easier. There's already been a lot of interest in this session, so they'd recommend booking sooner rather than later:

Good Practice Workshop: Introducing Our New Volunteering Platform Tickets, Thu 9 Jun 2022 at 10:00 | Eventbrite

<https://www.eventbrite.co.uk/e/good-practice-workshop-introducing-our-new-volunteering-platform-tickets-338228790417>

On Monday 20th of June, they will be joined by Georgie from the DofE team to talk about how to recruit and work with young volunteers (under 18s). This session will be more interactive, with opportunities to discuss the subject with other groups:

Good Practice Workshop: Working Successfully With Young Volunteers Tickets, Mon 20 Jun 2022 at 10:00 | Eventbrite

<https://www.eventbrite.co.uk/e/good-practice-workshop-working-successfully-with-young-volunteers-tickets-333701168177>

For further information, including how to book please click on the Eventbrite links.



#### **National Volunteers Week virtual thank you drop in session**

In celebration of the 38th National Volunteers week, Norfolk and Waveney CCG have planned a systemwide one hour drop-in session for all voluntary and community services- June 8th 11am – 12pm.

The session aims to acknowledge the incredible work and the difference volunteers and organisations make to patients' lives across Norfolk and Waveney by sharing stories that demonstrate the best of volunteering support.

Norfolk and Waveney CCG know that the past two years have been extremely challenging but despite this, volunteers, colleagues, and organisation have continued to go above and beyond to deliver support services across the county.

National Volunteers week is a chance to celebrate what you do, as well as an opportunity to say thank you and they know that you will all be busy celebrating so they thought this date would give you a chance to recover from the celebrations!



This session will open with a video from Tracey Bleakley, CEO Designate, Norfolk and Waveney CCG, before there is a chance to hear about volunteer involvement in supporting patients returning home from hospital, at vaccination centres and combatting social isolation.

Please pass this invite on to any colleagues that you think would like to join.

Norfolk and Waveney CCG hope this will be a chance to meet other colleagues and a chance to say thank you for all your hard work and support.

To access the session – please **copy and paste** the link below into your browser-

[https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F %23%2FI%2Fmeetup-join%2F19%3Ameeting\\_MTIImOGRhN2QtN2U5My00OTY2LWlwNWYtNDAwODNjYmUzYjU4%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252237c354b2-85b0-47f5-b222-07b48d774ee3%2522%252c%2522Oid%2522%253a%25225416e042-a6e4-4f46-91f2-969f3961ad56%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=9a16526f-cf3e-4aff-be59-fb7e5bf91c16&directDI=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true](https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F%20%23%2F%2Fmeetup-join%2F19%3Ameeting_MTIImOGRhN2QtN2U5My00OTY2LWlwNWYtNDAwODNjYmUzYjU4%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252237c354b2-85b0-47f5-b222-07b48d774ee3%2522%252c%2522Oid%2522%253a%25225416e042-a6e4-4f46-91f2-969f3961ad56%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=9a16526f-cf3e-4aff-be59-fb7e5bf91c16&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true)

Or call in (audio only)

+44 20 3321 5208,166835128# United Kingdom, London

Phone Conference ID: 166 835 128#

<https://www.norfolkandwaveneyccg.nhs.uk/>



**Action Fraud- Consumer Alert – Remote access fraud**

Action Fraud are warning Norfolk residents about telephone cold calls claiming to be from organisations such as banks or service providers stating that there are issues with your accounts.

The call can be a recorded message or an individual that asks you to confirm your account information. Often the calls are looking to seek remote access to your accounts to gather personal or financial details or attempt to take 'missed' payments or move money to a 'secure' account.

If you receive one of these calls do not press any keys or provide any personal information and hang up.

<https://www.actionfraud.police.uk/a-z-of-fraud/remoteeccesstoolscams>

You can report suspicious telephone cold calls to Action Fraud via the Citizens Advice consumer helpline on freephone 0808 223 1133.



### **Scam Alert**

NASP are warning residents about email circulating claiming to be from Ofgem stating that the recipient is 'eligible to apply for energy bill rebate'

The message then goes on to say that 'you have to apply for the energy bill rebate before June 01, 2022, and then offers a link to 'get your rebate via Ofgem portal'.

If you receive this or a similar email it is a scam, **do not** click on any links.

Criminals are experts at creating spoof messages that then link to fake websites using official logos and branding of trusted organisations to trick you into taking urgent action without closer inspection.

If you think you've fallen for a scam message and provided financial details, contact your bank immediately on a number you know to be correct, such as the one on the back of your bank card. Spotted a suspicious email? You can report it to the Suspicious Email Reporting Service by forwarding the message to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) If you have received a contact which you believe to be a scam you can also report it via the Citizens Advice consumer helpline on **freephone 0808 223 1133**



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**Better Together Norfolk update**

Better Together Norfolk is open for referrals for Social Isolation and loneliness support in Broadland, Great Yarmouth, and South Norfolk.

The services offer 1-to-1 support to adults (18+) whose loneliness is the primary issue affecting their health & wellbeing. Clients are supported to:

Access social activities, volunteering opportunities, community services and assets.

Identify and overcome barriers that prevent them becoming connected

Reconnect with family & friends and make new connections in their community.

The services can also form part of a wider package of support for individuals where loneliness is a symptom of other more complex challenges, such as caring responsibilities, mental or physical ill health or debt.

You can refer via the website- <https://www.bettertogethernorfolk.org.uk/eligibility-and-referral-form/>, email [info@bettertogethernorfolk.org.uk](mailto:info@bettertogethernorfolk.org.uk) or by call the helpline on 0300 303 3920.



### **Parkinson's UK Grants**

People with Parkinson's or other forms of progressive parkinsonism, and unpaid carers, can apply for a Parkinson's UK Grant up to £1,500.

There are 2 remaining funding rounds for Parkinson's UK Grants in 2022:

Round 2 opens on 4 April and closes on 24 June

Round 3 opens on 1 August and closes on 28 October

You can expect to hear the outcome from the Grants team within 12 weeks of them receiving the application. Please make sure you don't send your application after the closing date. Applications received after the closing dates won't be considered for funding and can't be carried forward to the next round. If you're living with Parkinson's you can apply for an amount up to £1,500 to fund electrical items, respite care, specialist equipment or activities.

This applies to people with Parkinson's or other forms of progressive parkinsonism and carers who aren't paid for their caring role. They don't count Carer's Allowance as being paid. They are committed to offering grants to people with Parkinson's, and the people who love and care for them, who are in the greatest financial need. To apply for a Parkinson's UK Grant your total household savings must be less than £6,000 if you apply for up to £500. If you apply for more than £500 your total household savings must be less than £16,000. They will fund-

- Activities: you can receive a maximum grant of £250 if your household savings are less than £6,000.

- Electrical items: you can receive a maximum grant of £500 if your household savings are less than £6,000. Grants for electrical items are limited to 1 application per household.
- Respite care: you can receive a maximum grant of £1,000 if your household savings are less than £16,000. Grants for respite care are limited to 1 application per household.
- Specialist equipment or home adaptation: you can receive a maximum grant of £1,500 if your household savings are less than £16,000. \*Grants for specialist equipment or home adaptation are limited to 1 application per household.

They don't fund holidays, long-term financial commitments, or daily living costs. They won't consider applications to fund items that you've already paid for or committed to paying for. They don't fund items or respite where funding should be available from the government or from your local authority.

<https://www.parkinsons.org.uk/about-us/parkinsons-uk-grants>



### **Britain Explained- List of benevolent funds**

If you are looking for resources to help a resident including grants and advice, checking their job history can be very useful in locating options. This useful page gives an overview of many of the major occupational benevolent charities available to signpost to:

<https://britainexplained.com/list-of-benevolent-funds/>



### **Breckland Mobile Food Store launches**

A new mobile food store is launching to serve the rural communities of Breckland. The service will provide a way to shop for healthy, nutritious food and store cupboard staples at a reduced price, to help residents tackle increasing living costs or difficulties getting to other shops due to isolation. Friendly expert staff on the bus are trained to offer wider support such as advice on debt management, isolation & loneliness, and mental health, and will signpost customers to a range of services that can offer further help, where needed.

Informed by data, the bus will begin its route in early May, stopping in Swanton Morley, Bawdeswell, Shipdham, Carbrooke, Saham Toney, Ashill, Necton, Narborough, Weeting and East Harling.

The timetable for the food bus can be found on the Breckland Mobile Food Store social media page [www.facebook.com/brecklandmobilefoodstore](https://www.facebook.com/brecklandmobilefoodstore)

The Breckland Mobile Food Store is funded by Breckland Council and Norfolk Community Foundation and run by local charity Kickstart Norfolk. This joint project forms part of Norfolk Community Foundation's Nourishing Norfolk Network, helping to establish a number of food hubs across the county, including the Breckland Mobile Food Store, to fight food insecurity. Breckland Council funded this project as part of their commitment to the prevention of vulnerability through early intervention.

To use the Breckland Mobile Food Store residents will need to become a member. Membership requires a one-off payment of £3 per household and will be valid for the duration of the service. Membership applications can be completed on a first visit to the bus. <https://www.breckland.gov.uk/article/19504/09-05-22-Breckland-Mobile-Food-Store-launches>



### **Independent Living information**

Welcome to this week's Independent Living newsletter.

- [Assistive technology and DFGs](#)
- [FES for people with MS](#)
- [Sustainable hygiene](#)
- [Community equipment survey](#)
- [Summer FestivALL](#)
- [Driver of Poverty](#)

<https://preview.mailerlite.com/I0u6z2f2c2/1955038935650403445/I7k4/>



**News from Norfolk Library and Information Service**

Please see information below from Norfolk libraries.

For further information please see <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries>



## Norfolk Library and Information Service

A warm hello and welcome from Norfolk Libraries

Library staff have delighted in welcoming you back for activities, events and all the usual services in our 47 libraries across the county and on mobile libraries.

If you are looking for a gentle way back to socialising, all Norfolk libraries offer "Just a Cuppa" sessions. Join us for a chat, meet new people and of course enjoy a welcome cuppa.

Our 'What's on' pages will help you discover when and where sessions are taking place or just pop into your local library and ask a member of staff-

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on/event-search?page=1&searchterm=cafe%20for%20the%20bereaved&subject=&Location=&daterange=>

Look out for the special "Jubilee Just a Cuppa" sessions, to include sharing memories of past jubilees and viewing materials from our heritage collection.

Find information about your local library here-

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/locations-and-opening-times>

## Books to Borrow

The "Jubilee Big Read" runs until 10<sup>th</sup> June. We're showcasing some of the best novels and poetry from Commonwealth writers over the 70 years of her Majesty's reign. Visit the library to browse the titles and discover something new.

View the Big Jubilee Read Books here-

[https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/BIBENQ?QRY=SVL\(NORFOLKSBIGJUBILEEREAD\)&SORTS=SQL\\_RANDOM&QRYTEXT=Norfolk%27s%20Big%20Jubilee%20Read&NRECS=20](https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/ENQ/WPAC/BIBENQ?QRY=SVL(NORFOLKSBIGJUBILEEREAD)&SORTS=SQL_RANDOM&QRYTEXT=Norfolk%27s%20Big%20Jubilee%20Read&NRECS=20)

Sign up for our monthly newsletter here-

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/libraries-newsletter>

**borrow discover connect**



**Norfolk** County Council

## **Positive, independent living choices for older people in Norfolk**

When people start to look at the housing options available to them as they get older, we know that it can get very confusing. To help understand what is out there in Norfolk and promote the Independent Living and Housing with Care schemes, Norfolk County Council are delighted to share with you their new videos. These videos aim to help people consider what options they have to move from their current home, have peace of mind of care and support available, but keep their independence as they get older. There are three videos, which have all been co-created by older people, their families and social care staff:

### **Video 1: Positive, independent living choices for older people**

This video talks through three different housing options to consider as you get older but want to keep your independence.

### **Video 2: Housing with Care and Independent Living choices**

This video goes into more detail about Housing with Care and Independent Living, including the benefits and facilities at schemes.

### **Video 3: How to apply to move into a Housing with Care or Independent Living site**

This video gives a simple overview of how to apply to move into a Housing with Care or Independent Living scheme.

<https://www.norfolk.gov.uk/care-support-and-health/housing/housing-with-support/independent-living-and-housing-with-care/video-guides>

## **District council waste collection information**

You may occasionally work with a resident or household where issues arise with waste. There may be problems with collection, quantity, or safety. The following information is a list of compiled services from the district councils across Norfolk.

Firstly, a quick overview of some FAQ scenarios:

- If your resident (through disability or frailty) is unable to put their bins out for collection, ask the district council where they live for an assisted collection service. This means their bins will be collected from where they are stored,

emptied, and then returned. Details are listed below for each council.

- If your resident has a medical condition where they will generate clinical waste (needles, sanitary items etc) look at their council's clinical waste collection support information on their website
- Always check if bulky items can be reused, as a charity may be able to collect (for free) and sell them on. This website helps you find them <https://www.norfolkreuse.com/Reuse>
- Bulky waste collection services tend to be cheaper (per item) if you arrange a multiple collection in one go
- Your customer may be able to get a larger bin (particularly for recycling) from their district council

To find your district council, please use this link-

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/your-local-councils-and-mps/local-councils>

### **Norfolk County Council Cost of Living Support Scheme**

Norfolk County Council has unveiled a £7.7m package of hardship support offering increased flexibility and choice in the way a broader range of households can access help. The council is topping up £6.7m of Government funding from the Household Support Fund with a further £1m to create a new Norfolk Cost of Living Support Scheme which will help people who are struggling to pay for food, energy and water bills, and other essentials.

To ensure part of the support the council is offering is sustainable for the longer term, in addition to the £7.7 million Cost of Living Support Scheme, the council is investing a further £225,000 of capital into its partnership with the Norfolk Community Foundation Nourishing Norfolk food hub offer, bringing the total investment over the last year to £500,000. The £7.7 million Norfolk Cost of Living Support Scheme, which will run until October, will be administered as follows:

- £3.6m to support families with seven monthly cost of living vouchers for children

eligible for means-tested free school meals. The payments will be £15 per month, per child, with an enhanced payment of £30 for August, to coincide with the school holidays. The total value will be £120 per child, over the course of the scheme. The vouchers will be paid from April (backdated) up to and including October. This approach gives families flexibility and choice by allowing them to budget monthly and offset vouchers against other financial pressures on their household bills and activities. It also means families will have payments during and outside school holidays with the option of saving them to use only in the school holidays if they prefer

- £1m allocated to the council's Norfolk Assistance Scheme (NAS) to support families in hardship, where there isn't eligibility for free school meals. This support is available to families with very young children, young carers, and families caring for children with disabilities, many of whom may be facing significantly higher energy bills
- £2.2m, a third of the Government funding, to support those aged 65 or over by providing cash and voucher awards through the voluntary sector and other partners, including a specific collaboration with Anglian Water, as well as support through NAS. The work with Anglian Water will support customers aged 65 or over who are on Anglian Water's social tariffs, because they are in financial difficulty, providing a package of support to reduce and prevent debt. £700,000 of this funding will be distributed to district, borough, and city councils to support vulnerable communities
- £840,000 to support others in need, including funding for district, borough, and city councils to meet immediate housing related concerns. This part of the scheme will also mean that voluntary sector agencies can refer those they are working with to the council for support

Norfolk County Council would always encourage residents who find themselves in hardship to contact them on 0344 800 8020, so they can offer support either directly or through their partners.

<https://www.norfolk.gov.uk/news/2022/05/norfolk-cost-of-living-support-scheme-launched>



Equality Advisory &  
Support Service

### **Equality Advisory and Support service**

The helpline advises and assists individuals on issues relating to equality and human rights, across England, Scotland, and Wales. They can also accept referrals from organisations which, due to capacity or funding issues, are unable to provide 'in depth help and support' to local users of their service's.

They are an accessible and inclusive service which means they can support a wide variety of different languages and they are able to provide advice to Deaf members of society through their partnership with the Royal Association for Deaf people. They recognise that some of the service users will require the support of a lay advocate in order for them to understand the advice they are given. In certain circumstances they can secure a trained lay advocate who will be able to provide one to one support for individuals with a learning difficulty.

They can support an individual to resolve their issue using alternative informal dispute resolution, as opposed to issuing a claim in the county court or the employment tribunal; needless to say, they recognise situations where issuing a claim may well be the only option. In some instances, they may write to a service provider on behalf of a client in order to initiate a resolution. The EASS helpline does not provide legal advice – for more information on this please refer to our Legal Advice policy.

<https://www.equalityadvisoryservice.com/app/about>

You can also subscribe to their newsletter. If you would like to be included in the distribution list, please email Andy Goldsby Partnership Manager [andrew.goldsby@uk.g4s.com](mailto:andrew.goldsby@uk.g4s.com)



### **Carecoach research study**

Not all studies will be suitable or of interest for everyone so NSFT have a REACH referral system where anyone can express an interest in finding out more about taking part in mental health research, either as a participant or as part of our patient and public involvement group. People can self-refer or ask a practitioner to refer on their behalf.

Ways to refer:

Email for a referral form, which can be completed by practitioner or self-completed-  
[researchinfo@nsft.nhs.uk](mailto:researchinfo@nsft.nhs.uk); Via this weblink <https://www.nsft.nhs.uk/be-a-part-of-research>;  
Call 01603 421397

Please see the flyer below for details of a specific research study which may be of interest to you or a colleague-



## The CareCoach research study

**Are you a family member or friend of a person with a recent diagnosis of dementia (within the last 12 months)?**

**OR**

**Are you a member of staff whose main work role is caring for people living with dementia?**

**Would you like to take part in a study that is working to develop online materials that help people like you who support and care?**

**To volunteer to take part in this research study you need to:**

- Have the time to take part in a group interview which takes place online and may take 2-3 hours.
- Have access to a computer or tablet
- Know how to use Zoom for video calls
- Be able to speak and read English at an everyday level

Follow the link below or scan the QR code to contact the research team:

<https://forms.office.com/r/DznAphrSPq>



OR Contact NSFT Research: Tel: 01603 421397. Email:

[researchinfo@nsft.nhs.uk](mailto:researchinfo@nsft.nhs.uk)







### **BBC news- Iceland to launch over-60s discount**

Iceland is to launch a new discount for shoppers who are over 60, as soaring prices hit household budgets. The supermarket chain said it would offer over-60s 10% off every Tuesday to support its older customers through the cost-of-living crisis.

The move comes as supermarkets battle for customers, with prices rising at their fastest rate for 40 years. Morrisons and Asda, which have been losing shoppers to discounters Aldi and Lidl, have already cut prices. Grocery prices were 5.9% higher in April than a year ago, according to research company Kantar. That figure was the biggest increase since December 2011, with supply chain issues, increased raw material costs and the war in Ukraine all contributing to rising food prices.

Iceland's new discount will be launched from 24 May, with anyone aged 60 or over able to use it every Tuesday in-store at branches of Iceland and The Food Warehouse. Shoppers will need to show proof of age, such as a driving licence or senior bus or rail pass, and the discount will cover all products, with no minimum spend.

Iceland said it was the first UK supermarket to introduce such a discount and decided to do so after research by Age UK found three-quarters of older people in the UK were worried about the rising cost of living.

Reference-

Mitchell.J. (2022) 'Iceland to launch over-60s discount as cost of living soars', BBC news, 19 May 2022, online, available at <https://www.bbc.co.uk/news/business-61512945> (Accessed 25 May 2022)

## U.E.A.

Norwich has been a cathedral city since 1096 but did not become a university city until 1963. From small beginnings, UEA now provides tertiary education to more than 17,000 students from around the world and world-class research. Land from Earlham golf club, Earlham Hall and a small site on Wilberforce road was acquired for the new university campus on the southern outskirts of the city.

In those 60 years UEA has acquired world-wide fame for several reasons, not least the dramatic architecture of Sir Denis Lasdun's "ziggurat" design of the student residences. These rooms overlook parkland and the University Broad, a deep lake created from gravel extraction while building was in progress and now home to a rich variety of wildlife.



English literature has flourished here, the school of creative writing associated with famous writers like Kazuo Ishiguro, Malcolm Bradbury, Rose Tremain and Anne Enright. UEA contributed to Norwich becoming the first UNESCO City of Literature in England

The Climate Research Unit has made a fundamental contribution to the understanding of climate change and was at the centre of a media brouhaha over "climategate". In late 2009, more than 1,000 e-mails were hacked from the Climate Research Unit. These were made public, raising doubts, later shown to be

unfounded, about man-made contributions to global warming.

In contrast to Sir Denis Lasdun's rectangular concrete designs, Earlham Hall, dating from 1642, formed the original administration offices of UEA.



Now home to the school of law, the hall was once rented by the Gurney family and was the childhood home of Elizabeth who in 1800 married Joseph Fry at Friends Meeting House in Norwich. She went on to have 11 children and become the famous prison reformer and philanthropist. The Elizabeth Fry building appropriately houses the school of social work.

The Sainsbury Centre for Visual Arts occupies the Norman Foster designed building on the campus. The permanent collection comprises thousands of exhibits from all over the world, including work by Francis Bacon, Jacob Epstein, Alberto Giacometti, Edgar Degas, and Henry Moore.



And the motto of UEA: "Do different"

Email: [nospb@aol.co.uk](mailto: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](mailto: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](mailto:nospb@aol.co.uk) or ring 07963 304015**

