



YOUR VOICE IN NORFOLK NEWSLETTER

of
Norfolk Older People's Strategic
Partnership (NOPSP)

October 2024- Edition 62

Word from the Chair

September has been a month for big news stories, with worrying consequences for older people. They are closely linked.

The first is the government's decision to cut winter fuel payments to all but those pensioners with the lowest incomes, those who receive pension credits. The rights and wrongs of this have already been examined in detail, though the reminder of the alarming effect of the difference between being eligible for the credits, and the access to other payments they bring with them, and just missing out is always salutary. But if the government and civil service know that more than 800,000 pensioners are eligible for the credits but haven't applied for them, why haven't they taken action to resolve the situation earlier? And who is going to help pensioners to fill in the form: voluntary sector organisations who are already under financial pressure themselves?

The important thing to remember is that we are talking about real people. If they cannot keep warm enough or have a poor diet they are more likely to be admitted to hospital. Once better they will be discharged either back to the living conditions from which they came or into social care. This brings me to the next two stories.

However dire the picture of the NHS presented by Lord Darzi, it was good to see something so honest presented by someone with so much experience. Most of us will have had some experience of the issues he raised from crumbling hospitals, dangerously long waiting times or limited technology. Something not mentioned in the news reports I've read are his statements that the patient voice "is simply not loud enough" and that there is potential for patients and carers to be more involved in designing and developing how services work. I hope the NHS takes notice. The prime minister is talking about a 10-year plan which is expected in the spring leading to the "biggest reimagining of our NHS since its birth". I worry what is going to happen to the service during the process.

Lord Darzi also noted the effect of the crisis in social care on the health service. Less well reported was a statement by Wes Streeting, the health secretary, that there was "a real crisis in social care", and that he thought "people in this country are genuinely shocked when they need social care to find out how expensive it is and how poor the quality of social care is". Fixing the social care system was also "mission critical" for the NHS, because so many of the challenges facing it were driven by social care. So the first five years of the 10-year plan would include making sure the relationship between the NHS and social care was in a "good enough" place to avoid putting extra pressure on the health service. Fundamental reform of the social care system, and the crucial issue of how to pay for it, would therefore have to wait until the second term of a Labour government. So once again the problem has been recognised but action will have to wait.

I'd like to end with some good news. The government has exempted seven hospitals from review under its New Hospital Programme because of the risks from the type of concrete used when they were constructed. Work to rebuild the Queen Elizabeth Hospital in King's Lynn and the James Paget Hospital in Gorleston will proceed on the existing sites and is due to be completed in 2030. Plans are in place to keep patients safe during construction work at both hospitals.

Best wishes

Mary Ledgard

NOPSP Chair (Interim)

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Events

Norfolk and National

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- Voluntary Norfolk - Corporate Volunteering: Good for Business, Good for the Community Event
- Care for Carers - Carers Information Day
- Community Action Norfolk - Norfolk Cancer Network
- Norfolk Care Association AGM & Workforce Summit 2024
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- Community Action Norfolk (CAN) - Energy Presentation
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Norwich

- Age Friendly City Event
- Time Norfolk – Doorway of Hope Service
- Norfolk Learning Disability Partnership - Norwich Learning Disability Locality Group
- Active Norfolk Physical Activity & Health Improvement Conference

South Norfolk

- Celebrating 50 Years of North Wymondham Community Centre

Broadland

- Broadland Older People's Partnership (BOPP) meeting

Breckland

- Attleborough Town Council Community Book Sale

North Norfolk

- PositiviTea Event
- Norfolk Learning Disability Partnership - North Norfolk Learning Disability Locality Group

West Norfolk

- West Norfolk Help Hub 5th Anniversary - Professional Networking Event
- Compassionate Friends Skills Workshop
- Norfolk Learning Disability Partnership - West Norfolk Learning Disability Locality Group

**The next Norfolk Older People's Strategic Partnership (NOPSP)
meeting will be on Thursday 12th December 2024**

**Aldiss Park, Dereham Football Club, Norwich Road, Dereham,
NR20 3PX**

Further details to be announced in due course

**NB NOPSP will attempt to reschedule the September meeting,
but the timing is tight.**

Health

and care

National and Norfolk



Stoptober is back this October to encourage and support smokers to quit for good. The Department of Health and Social Care has created a suite of assets including a partner toolkit, static and animated social assets, posters, digital screens and email signatures to help you support the campaign locally. All assets feature the key message 'Stop smoking for Stoptober and you're 5 times more likely to quit for good'. They've also included editable versions should you wish to include details of local websites/services -

<https://campaignresources.dhsc.gov.uk/campaigns/stoptober-2024/>



Quit Smoking

When you quit smoking, good things start to happen — you can begin to see almost immediate improvements to your health. It's never too late to quit and it's easier to stop smoking with the right support. Check out the free tools and tips to help you stay on track.

Never give up giving up!

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

**Do you need support
reaching a healthy weight?**

WE CAN DO THIS!



**Find a local supportive group to
begin your FREE weight loss journey**

Visit www.norfolk.gov.uk/wecandothis to see if
you're eligible to receive FREE weight loss support.



NHS Health Check



Improving lives together
Norfolk and Waveney Integrated Care System

Reed Wellbeing

NHS

Don't shy away!

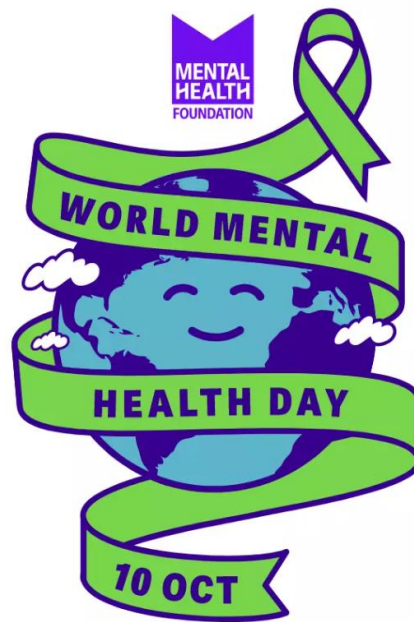
Stay healthy. Book your free NHS Health Check today.



If you're aged 40 – 74 and have not had an NHS Health Check in the last 5 years book yours today.

www.norfolk.gov.uk/healthcheck

Norfolk County Council



On World Mental Health Day, let's all come together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs. So, on World Mental Health Day and beyond it, why not check in with your friends, family, peers, or colleagues?

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

Research shows that talking is good for your mental health, and that's what Tea & Talk is all about! Tea & Talk is a great way to come together with friends, family or colleagues to raise money and awareness for the Mental Health Foundation. Download your pack to get started!

<https://www.mentalhealth.org.uk/get-involved/fundraising/do-your-own-fundraising/tea-talk-world-mental-health-day>



Norfolk and Norwich University Hospitals

NHS Foundation Trust

Hearing loss affects you and your loved ones. NHS hearing aids are here to help. Contact us now for an appointment.



NHS
Norfolk Community
Audiology Service

**NHS-FUNDED HEARING AIDS.
IMPROVE YOUR QUALITY OF LIFE**

For Age-related Hearing Loss (50+)

**No GP referral needed.
Simply call us**

Service provided by :
AUDIOLOGICAL+SCIENCE

Norwich - Brundall - Fakenham - Sheringham

Book Now: 01603 964441



This edition of The Pulse includes a feature on the opening of the new Norfolk and Norwich Orthopaedic Centre (NaNOC), plus a spotlight on the cytology team which provides a cervical screening service to patients across the East of England, and information about a new research study being led by our Neurosciences Physiotherapists.

https://issuu.com/nnuhinformation/docs/the_pulse_autumn_edition?fr=sNGZhMzYOMDYwNTk

New Discharge Lounge Opens

A new dedicated area is now open at a Norfolk hospital specifically for people waiting to go home. The Discharge Lounge at Kings Lynn's Queen Elizabeth Hospital has a larger space. This means staff can look after up to 150 patients a week instead of the previous 100. It lets their team safely plan a patient discharge and frees up more beds for those who need immediate hospital care.

<https://healthwatchnorfolk.co.uk/news/new-qeh-discharge-lounge-opens/>

NHS Dentistry Access Still an Issue in Norfolk, Says New Report

Finding NHS non-emergency dental care in Norfolk is still proving difficult for residents, according to a new report. Healthwatch Norfolk asked people to share their experiences of dental care ahead of its first Dental Summit. It aimed to explain the issues and what was being done to deal with them.

<https://healthwatchnorfolk.co.uk/news/dental-summit-report-published/>

Out and About – Meet the Team

The team are out and about in the community to find out your health and social care experiences. They look forward to chatting to you and hearing your feedback. Healthwatch also make regular visits to care homes and residential homes to chat to those living in them across Norfolk –

<https://healthwatchnorfolk.co.uk/get-involved/out-and-about/>



The Special Rules For People Nearing the End of Life

The special rules allow people to get faster, easier access to certain benefits; get higher payments for certain benefits and avoid a medical assessment. An adult or child is nearing the end of life when they are likely to have less than 12 months to live. If a person is likely to have less than 12 months to live, they can make a fast-tracked claim for some eligible benefits.

The 12-month, end of life approach used in the Special Rules means that the DWP is aligned with the NHS, where the definition of 'end of life' states that 'patients are approaching the end of life when they are likely to die within the next 12 months'.

<https://www.gov.uk/government/publications/dwp-factual-medical-reports-guidance-for-healthcare-professionals/the-special-rules-how-the-benefit-system-supports-people-nearing-the-end-of-life>

Eastern Daily Press

NHS Norfolk and Waveney Agrees £30,000 Christmas Pharmacy Deal

Local NHS bosses have agreed a £30k deal to ensure people can access a pharmacy over Christmas. In previous years, commissioners have relied on the goodwill of community pharmacies to remain open during public and bank holidays. However, from last year, a select number were funded by NHS Norfolk and Waveney to make sure it was financially viable for them to open.

The organisation has now agreed to a new £30,000 package to commission ten sites to open on Christmas Day, Boxing Day and New Year's Day in 2025.

<https://www.edp24.co.uk/news/24576760.nhs-norfolk-waveney-agrees-30k-christmas-pharmacy-deal/?ref=socialflow>

Reference: Hannant, D (2024) 'NHS Norfolk and Waveney agrees £30k Christmas pharmacy deal', Eastern Daily Press, 15 September 2024. Available at:

<https://www.edp24.co.uk/news/24576760.nhs-norfolk-waveney-agrees-30k-christmas-pharmacy-deal/?ref=socialflow> (accessed 27 September 2024)

Information

and advice

Norfolk and National



Norfolk

County Council

Hazardous waste

Waste is hazardous if it can cause harm to humans or the environment and includes any waste that needs specialist disposal. Norfolk County Council don't normally take these items at recycling centres. However, they hold annual free household hazardous waste days when they do accept certain hazardous waste items. These are for residents disposing of hazardous household waste only. They are not for any business, group or other organisation.

Household hazardous waste days will be held on:

5 and 6 October 2024, 9am-4pm at Norwich North Recycling Centre

12 and 13 October 2024, 9am-4pm at Thetford Recycling Centre

19 and 20 October 2024, 9am-4pm at Hempton Recycling Centre

26 and 27 October 2024, 9am-4pm at Caister Recycling Centre

2 and 3 November 2024, 9am-4pm at King's Lynn Recycling Centre

9 and 10 November 2024, 9am-4pm at Dereham Recycling Centre

16 and 17 November 2024, 9am-4pm at Norwich South Recycling Centre

Some local district, borough or city councils may offer a hazardous waste collection. However, they might charge for it. You can also find specialist hazardous waste disposal contractors online. Check they have a waste carriers' licence and where they will dispose of the waste.

<https://www.norfolk.gov.uk/hazardouswaste#:~:text=Household>

Have Your Say – Norfolk’s Railways

Are Norfolk’s railways on the right track? Your chance to have your say. The rail prospectus sets out what Norfolk County Council feel is required to make sure that rail can serve the needs and expectations of passengers, and to ensure that it continues to support Norfolk's economy and helps deliver the housing and jobs growth planned. They are currently updating the Norfolk Rail Prospectus and want it to reflect the views of local people and stakeholders.

The Prospectus includes ambitions for improvements on routes to London and Cambridge, new stations, decarbonisation of the network, and making stations accessible for all, and they want the people who live, work and study in Norfolk to help to shape it. Although the county council does not have direct say in how the railways are run and invested in, having an up-to-date prospectus in place, that’s aligned with Norfolk’s Local Transport Plan and Better Together for Norfolk strategy, means Norfolk will be well placed to secure improvements for the county.

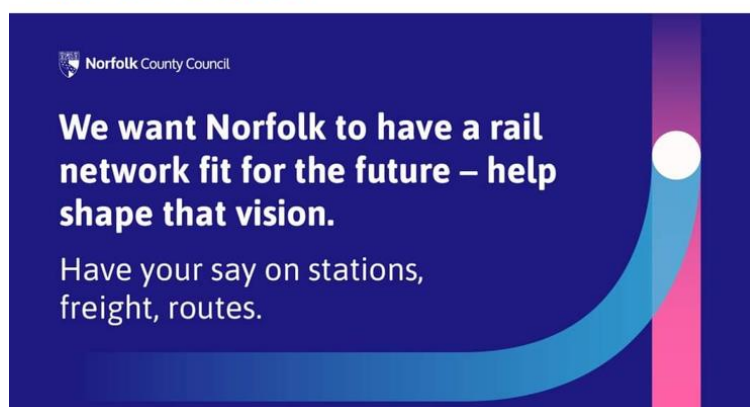
The consultation opened on 9 September and ends on 21 October.

Find out more and have your say here: www.norfolk.gov.uk/norfolkrailprospectus

Have your say on a new vision for the future of Norfolk’s railways.

Ambitions including better routes, decarbonisation, new stations, accessible stations, are all part of Norfolk’s new rail prospectus.

Take a look and tell us your views
<https://orlo.uk/qu63w>



Construction of New Fakenham Roundabout Gets Underway

Construction of a new roundabout on the Fakenham bypass is due to get underway this month. The roundabout will provide access for the 'Fakenham Urban Extension', which includes the building of up to 950 new homes, a new primary school, hotel and community centre as part of a public and private sector partnership.

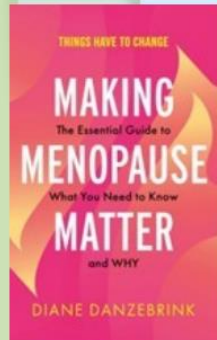
Preliminary works are scheduled to start on Monday 30 September ahead of the main construction from early October, with completion expected in May 2025.

To allow work to be completed safely a reduced speed limit and two-way traffic lights will be in place on the A148 for the duration of the works, with Wells Road and Water Moor Lane closed to limit disruption on the bypass.

<https://www.norfolk.gov.uk/article/62096/Construction-of-new-Fakenham-roundabout-gets-underway>

Library Updates

“This is the book that I wish someone had handed to me... It’s the one that I always promised myself that I would write to ensure that nobody else felt as unprepared for menopause as I did.”



Meet menopause campaigner and author, Diane Danzebrink.

Hear excerpts from her must-read book and engage in a Q&A session

- Sat 12th Oct. 2.00 to 3.30pm Gt Yarmouth Library
- Fri 1st Nov. 5.15 to 6.45pm Poringland Library
- Thurs 28th Nov. 5.15 to 6.45pm Aylsham Library
- Wed 11th Dec. 5.15 to 6.45 pm Earlham Library

FREE event with refreshments - but limited spaces. Copies of the book will be available to purchase at £14.99 (cash only)

Booking via libraries.icconnect@norfolk.gov.uk indicating which event you would like to attend and any advance questions you have for the Q&A



Norfolk County Council

borrow discover connect

Reminiscence Kits

“We looked through the kit together and I discovered so much about his life that I hadn't known before”



- Kits contain a range of objects, books and images to trigger memory and keep conversation flowing.
- Useful for groups and individuals to use at home or in care settings.
- Topics include Childhood Days, Seaside, Pets, Football, Shopping and many more.
- Available to borrow free of charge from your local Library.
- View and reserve online from our catalogue, or visit your local library and speak to a member of staff.

www.norfolk.gov.uk/libraries





BRINGING THE LIBRARY TO YOU

YOUR LOCAL LIBRARY AT YOUR DOORSTEP

Our **Home Library Service** delivers books and other media free of charge to people unable to get to their local library due to poor health, mobility issues, or caring responsibilities.

To use this service, please contact the Norfolk Library & Information Service on **0344 800 8020** or email **libraries@norfolk.gov.uk**.

To learn more about becoming a Norfolk Home Library Service Volunteer, please visit **royalvoluntaryservice.org.uk**, call **01603 397 998**, or email **norfolkhlis@royalvoluntaryservice.org.uk**

borrow discover connect

All volunteers are fully compliant and DBS checked. Registered charity 1015988 (England and Wales) & SC038924 (Scotland).CS3228_1221



Norfolk
County Council

Library service users, WE WANT TO HEAR FROM YOU!

What kinds of arts events do you want to see in YOUR local library?

Please take 2 mins to complete our anonymous survey:

➡ <https://www.surveymonkey.com/r/3DW3K78> ⬅

(Paper copies available in branch libraries if you'd prefer the old biro route.)



surveymonkey.com

What kinds of arts events do you want to see in libraries?

Equipment Return



Why?

- Local NHS and social care services lose thousands of pounds each year due to missing equipment.
- Whatever it is, whatever state it is in, all items will be assessed and safety tested and either repaired and reused, or stripped down to be recycled.

What might you have?

- Commodes
- Chair raisers
- Raised toilet seats
- Bed levers
- Perching stools
- Crutches
- Wheeled adjustable frames
- Toilet frames
- Shower chairs/stools
- Bath seats/lifts
- Trolleys
- Pressure mattresses/cushions

If you would prefer to return equipment to Medequip yourself, you can bring it to:

Norwich Depot: Unit 15 & 16 Diamond Point, 31 Vulcan Road North, Norwich, NR6 6AQ

Opening hours: Monday to Saturday 8:00am - 6:00pm

Downham Market Depot: Unit C Downham Trade Park, St John's Way, Downham Market, PE38 0QQ

Opening hours: Monday to Friday 8:00am - 5:00pm

Medequip Assistive Technology Ltd. working with: Norfolk County Council, NHS Norfolk and Waveney Integrated Care Board and Suffolk County Council.

Weight Management Scheme

We had some lovely members join our groups this week through the [Norfolk County Council](#) Weight Management Scheme. It's super easy, with a self referral form, so there's no need for a GP appointment.

12 weeks free membership could be what you need to supercharge your weightloss, and get you on the road to a healthier you.

Sign up today and you could be all set within a couple of days!

Call/text Rebecca on 07398918211

#SWGGroup #greatyarmouth #yesyoucan
#SWCommunity #fitnessgoals #caisteronseas
#slimmingworldsupport #WeightLoss
#SlimmingWorldGroup #slimmingworldjourney
#greatyarmouth



**BMI over 30, and a Norfolk resident,
then you could qualify**

Scan the QR code and start the form now!

slimmingworld.co.uk 

<https://www.norfolk.gov.uk/article/42290/Help-with-weight-management>

Consumer Scam Alerts

Emails Claiming to be From PayPal

Trading Standards are warning residents about fake PayPal emails circulating which claim payment for a high value item has been made on your account. The email then offers a contact number to 'call us immediately' to block this transaction if it 'was not you'.

This email is not genuine and is designed to panic the recipient into contacting the number provided on which attempts will be made by scammers to gather personal, financial and account details. PayPal provide useful information on common email scams and advice on how to avoid them - <https://www.paypal.com/tc/webapps/mpp/security/common-scams>

If you have received a suspicious email which could be a scam you can report it via the Citizens Advice consumer helpline on 0808 223 1133

Text Messages Claiming You Have Received a Parking Fine

Trading Standards are warning residents about a number of text messages circulating which claim to be notification of a 'Parking Penalty Charge Notice'. The message, which claims the fine has been issued by 'a local council' states you have 14 days to pay, or the fine will increase by 50% with payment to be made via a link included in the message.

These messages are not genuine and anyone following the link will be taken to a fake but very convincing copy of the official government website, complete with accurate logos, branding and font. The page asks for personal and payment information including your name, email, phone number and home address to pay the fine. If you receive this or any other suspicious text messages you can report them by forwarding the message free of charge to 7726.

If you are unable to forward a suspicious message you can also take a screenshot or screen recording of the text message and send it to the National Cyber Security Centre at report@phishing.gov.uk

PARKING FINE TEXT MESSAGE SCAM

We are receiving multiple reports from residents after receiving a "parking fine" text message that purports to be from the "local council". These are SCAM text messages! Do not click the link!

This text message includes a link to a scam website which asks for payment and personal information.

Report suspicious text messages by forwarding them to 7726.

Parking Penalty Charge Notice: **SCAM**
Please Pay a parking penalty charge notice (PCN) issued by a local council.
If you do not pay a PCN within 28 days, you'll get a 'charge certificate' and you'll have 14 days to pay the original fine plus 50% more.
If you do not pay you'll be prosecuted - you may have to pay a bigger fine as well as court costs.
Please pay your fine at the link after reading the information.

<https://qrco.de/bfNjU4?fJea=t5rG0ldz>

Thank you for your cooperation. **SCAM**

Which?

Which? Alerts

ID Fraud Is on The Rise – How to Stay Safe

Over 214,000 cases were filed to the Cifas National Fraud Database (NFD) between January and June 2024 – an increase of 15% compared to the same period in 2023. Cases of identity fraud have soared – this was the most reported type of fraud -

<https://www.which.co.uk/news/article/id-fraud-is-on-the-rise-how-to-stay-safe-aLLA86V3OmRA>

HMRC 'Business Tax Compliance' Scam Letter Warning

A scam letter is doing the rounds purporting to be from HM Revenue and Customs (HMRC) – and it's one of the most convincing Which? have seen. Scammers regularly masquerade as the tax office in calls, texts, emails and letters in an effort to get you to share personal information and con you out of your cash –

<https://www.which.co.uk/consumer-rights/advice/how-to-spot-hmrc-phone-text-and-email-tax-scams-aktLy8n3sBWV>

Here, Which? explains what the latest scam involves and how to keep safe. -

<https://www.which.co.uk/news/article/hmrc-business-tax-compliance-scam-letter-warning-aJUWP8Q2SF9C>

Millions Are Targeted by Pension Scammers

Millions of people are at risk of being scammed out of their pension savings, according to new research from LV=. Consumers are increasingly unable to spot scams as criminals become more sophisticated. Read on to find out how people are at risk from scams, and for advice on spotting the warning signs of pension fraud.

<https://www.which.co.uk/news/article/millions-are-targeted-by-pension-scammers-abAW63u18cLC>



Police and Crime Plan 2025/29 Consultation

Sarah Taylor was elected to serve as your Police and Crime Commissioner (PCC) in May 2024. PCCs are directly elected to be the voice of the people to deliver on the people's priorities. They are responsible for holding the Chief Constable to account to ensure the priorities are being met – supporting the Constabulary to continue delivering the service people expect and need, but also challenging when required and representing the residents they serve.

One of her primary responsibilities is to publish a Police and Crime Plan. The plan will set out what Norfolk Constabulary's priorities must be over the next four years, in order to keep Norfolk residents safe. As your PCC, Sarah now wants to hear from Norfolk residents about what your priorities are for preventing crime and policing effectively, so that these views can guide the Police and Crime Plan. Please take the time to consider the information in this document and have your say.

The consultation will run from Monday 2 September to Friday 1 November.

<https://www.norfolk-pcc.gov.uk/police-and-crime-plan/police-and-crime-plan-202529-consultation/>

<https://www.smartsurvey.co.uk/s/NorfolkPCP2025/>



Norfolk and Norwich University Hospitals

NHS Foundation Trust

Governor elections



NNUH have six vacancies for hospital governors this autumn and you can stand for election if you live in Broadland, Breckland, North Norfolk, King's Lynn and West Norfolk and in our Rest of England constituency.

The role involves talking about what's working well for patients and what could be improved and feeding those views back to the Council. The most important thing you will need to be one of our Governors is enthusiasm for the role, rather than any specific skills or knowledge. You should care about our patients, staff and the services the Trust provides, and want to bring your knowledge and experience into discussions and decisions about the direction of the Trust. Find out more about the role of Governors by contacting Janice Bradfield in the Membership Office on Janice.bradfield@nnuh.nhs.uk

Applications open on 10 October and must be completed by 28 October. Look out for more details at www.nnuh.nhs.uk



Age UK's Responds to Winter Fuel Payment Vote Defeat in the House of Commons

Caroline Abrahams CBE, Charity Director at Age UK said: "We're deeply disappointed, but not surprised, that the vote to brutally means-test Winter Fuel Payment was passed today. As soon as the Government announced it was instructing its MPs to support it this was the inevitable result, but we would like to thank all those in every party who voted against the policy or abstained. There's been a lot of discussion about the Government's decision, but at heart Age UK's critique of their policy is really simple: we just don't think it's fair to remove the payment from the 2.5 million pensioners on low incomes who badly need it, and to do it so quickly this winter, at the same time as energy bills are rising by 10%."

Read more here -

<https://www.ageuk.org.uk/latest-press/age-uks-responds-to-winter-fuel-payment-vote-defeat-in-the-house-of-commons/>

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>



Pension Credit Support and Other Resources

Age UK Norfolk were recently invited on to BBC Radio Norfolk following the recent vote in parliament about the Winter Fuel Payment. 🗣️ Listen in our clip to find out what Age UK Norfolk CEO, Ann Donkin, had to say.

https://www.facebook.com/ageuknorfolk/videos/956320029841085?locale=en_GB

👉 Concerned about making ends meet this Winter? Call us on 0300 500 1217 📧 or email advice@ageuknorfolk.org.uk

Age UK also have a guide from last year on who can claim Pension Credit and how to do so –

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/pension-credit/pension-credit-download-page/>

There is also a good overview and video explaining Pension Credit on the Money Saving Expert website –



<https://www.moneysavingexpert.com/savings/pension-credit/>

DWP have some digital resources on their website, including social media graphics and download-able posters –

<https://www.gov.uk/government/publications/pension-credit-toolkit>

Volunteer With Us

Following our recent announcement that we have secured funding for a pilot project aimed at reducing loneliness in the Reepham area, we are now seeking volunteers to support the project.

If you're local to the area, enjoy meeting new people and having a chat, we'd love to hear from you! Find out more by contacting our Volunteer Coordinator on  01603 785 210  volunteering@ageuknorfolk.org.uk



ageuk.org.uk

Volunteer with us



Advice Week ‘to shine a spotlight on the advice sector’

Advice UK, a membership organisation for independent advice organisations, is facilitating an Advice Week, **21st to 25th October**, and an #AdviceSaves campaign to raise awareness of the work of its members. It will highlight the challenges faced by advice-giving organisations and call for policy change to support the advice sector. Further information [here](#).

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



FREE Digital Just Can't Wait Toilet Card

Get your FREE Digital Just Can't Wait Toilet Card, which gives you access to toilets not normally available to the public. Discreet, clear communication when you just can't wait to use the toilet. Widely accepted at many cafes, restaurants, shops, entertainment venues and other businesses. Available on your smart phone so you don't have to worry about losing your card or alternatively, you can purchase a plastic card by post.

This doesn't guarantee access to the toilet. However, using our widely recognised card has proven to help.

<https://www.bladderandbowel.org/help-information/just-cant-wait-card/>



Shelroy Charitable Trust Fund

The Shelroy Charitable Trust Fund considers appeals on behalf of individuals who live in Norfolk who are in evidenced cases of need, typically relating to disability or health condition. This funding might be right if:

- You are vulnerable on account of a disability or health condition.
- You are seeking support for one-off costs, for example a piece of equipment to support care or mobility or essential items for a supported person moving into new unfurnished accommodation.
- You are supported by a local (Norfolk-based) voluntary organisation who can confirm your circumstances and financial need and can apply for funding on your behalf. Please note - applications by statutory bodies are not accepted for this fund.

Appeals should be made by a local (Norfolk-based) voluntary organisation on behalf of individuals. They should outline your current circumstances and what funding is being requested for, along with any supporting evidence, such as a quotation from a supplier. These can be submitted by email to grants@norfolkfoundation.com at any time. A typical grant size is around £350.

<https://www.norfolkfoundation.com/funding-support/grants/individuals/shelroy-charitable-trust-fund-2/#:~:text=The%20Shelroy%20Charitable%20Trust%20Fund,to%20>



Benevolent Charities

Benevolent funds are charities that can help people during bad times, for example illness or unemployment. Some are regional, but many are aimed at people who work (or have worked) in a particular industry, for example merchant shipping. Partners and children can usually get help too. Sometimes you will need to have worked in an industry for a few years to access help. You don't always need to work in an industry directly. For example, if you are in a call centre for an insurance company, you could try an insurance benevolent fund. The type and amount of help can vary, but it might include advice, practical help or grants for items like furniture, computers or living costs.

Some benevolent funds help in other ways, such as paying for education or offering coaching or career development. Some even run subsidised nursing homes aimed at elderly people who worked in a particular industry. If you are (or were) a member of a professional organisation, this is a good place to look for help because they often have their own funds.

Many benevolent charities are listed on the turn2us website <https://grants-search.turn2us.org.uk/> It can also be useful to have a list sorted by theme, which is what the Britain Explained website offers - <https://britainexplained.com/list-of-benevolent-funds/>

Vulnerability Registration Service

If you or a family member are feeling vulnerable, a first good step is registering for the VRS Healthy Homes initiative?

It's a completely free support service. Register here 📌

<https://www.vrshhs.org>

How to
get help
when feeling
vulnerable?





Norfolk and Waveney Cancer Network

Community Action Norfolk are thrilled to announce the Norfolk and Waveney Cancer Network launch, an exciting initiative designed specifically for VCSE (Voluntary, Community, and Social Enterprise) sector organisations. This network offers a unique opportunity to actively engage and learn about the development of local cancer services, signposting support, and access to workshops and training.

Why Join the Network?

As a member of the Norfolk Cancer Network, you will be able to:

- Attend informative sessions every 6-8 weeks.
- Connect with other local organisations involved in cancer support.
- Learn about the latest support services and signposting opportunities.
- Stay informed on the latest developments in cancer services in Norfolk and Waveney.

How to Get Involved:

- Simply email Kate at kate.doe@communityactionnorfolk.org.uk
- Or sign up directly by clicking here <https://communityactionnorfolk.us2.list-manage.com/subscribe?u=c6cf6edba7d2212b75d4841d5&id=2357db5ff5>

Stay Connected:

By joining the network, you'll receive regular updates via the mailing list, ensuring you stay informed on the latest cancer services, resources, and upcoming events. Help make a real

impact on those affected by cancer in Norfolk and Waveney. They look forward to welcoming you to the Norfolk and Waveney Cancer Network! Please also look at the below poster for **FREE** VCSE workshops and training hosted by our 'Talking About Cancer Together' project -

<https://communityactionnorfolk.us2.list-manage.com/subscribe?u=c6cf6edba7d2212b75d4841d5&id=2357db5ff5>



Talking About Cancer Together

Funded by MACMILLAN CANCER SUPPORT

SUPPORTING YOUR VCSE ORGANISATION TO TALK ABOUT CANCER TOGETHER!

BOOK ON TO ONE OF OUR FREE SESSIONS

Card Game



You and your team could play our educational card game that covers signs and symptoms, 'Fact and False', scenarios, information, and local cancer support. This game can be delivered as an interactive workshop for the VCSE sector. Each group or organisation attending the workshop will receive one FREE card game pack, with additional packs available for purchase at £5 each.

Presentation

Attend our interactive signposting presentation, available both in person and online, to help support your group or organisation in confidently directing those affected by cancer to local services.

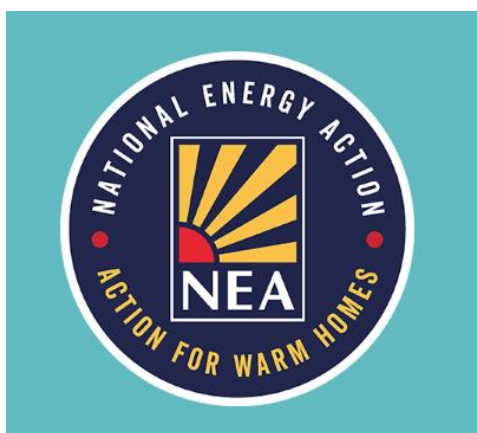


Stay informed about changes within organizations, available support, cancer training, and events. To be added to our mailing list, please email kate.doe@communityactionnorfolk.org.uk.

Energy Bills Advice Sessions

Back in 2021-22 during the energy bills crisis, CAN delivered energy cost advice sessions to hundreds of consumers on behalf of Citizens Advice. They've been commissioned to do this again over the next few months. Concern over energy bills has not gone away and people are still seeking advice on how to save money on their bills. Essentially, despite lower prices, typical bills will still be almost 30% higher than in winter 2021-22. It's important then, in an ever-changing energy market, for consumers to understand how they can save on energy costs.

CAN can deliver a session on-site in-person or via Zoom/ Teams, and it doesn't have to be during the daytime - they can do evening sessions if preferred. The presentation last about 40-45 mins with 10 mins or so for FAQs at the end (and even less-frequently asked questions if people have any!). And if anyone wants or needs one-to-one support to go through their options they can do that too, either after the session or on a separate occasion. If you'd like to arrange a session, please email - steve.nunn@communityactionnorfolk.org.uk or call 01362 545024.



National Energy Action

National Energy Action (NEA), the fuel poverty charity, campaigns so everyone can afford to live in a warm, safe and healthy home. This is something denied to millions because of poor housing, low incomes, and high bills. As a result of the energy crisis, 5.6 million UK

households are currently in fuel poverty. This means they spend at least 10% of their income on keeping their homes warm. Energy bills are twice as high as they were two years ago. Combined with poor housing and low incomes, this means that more people than ever before are struggling to afford the cost of heating and falling into debt.

Across England, Wales and Northern Ireland, NEA work to overcome the effects and causes of fuel poverty in four ways: they provide advice and support, they campaign and advocate for the needs of fuel-poor households, they carry out research to raise awareness and find solutions, and they provide accredited training. Their vision is to end fuel poverty. They do not work alone. Partnerships and collaboration have been at the heart of NEA for over 40 years, helping them drive better health and well-being outcomes for people struggling to heat their homes.

Please find further information on the website www.nea.org.uk/who-we-are/ including energy advice leaflets on a number of key topics www.nea.org.uk/get-help/resources/ If you would like to discuss NEA's work and the support that they can offer, such as energy advice sessions, in any more detail, please contact lucy.tyler@nea.org.uk



Day One Trauma Support Charity - Rebuilding Lives After Catastrophic Injury

Day One Trauma Support provides access to a range of practical and emotional support services which can help people who have suffered a major traumatic injury to navigate the challenges that they are likely to face. They are also here for family members and carers. Their holistic model of support provides support and signposting tailored to everyone's needs. Compassionate and inspiring Peer Support is at the heart of Day One Trauma Support, ensuring patients feel fully supported as they begin their recovery journey.

Over half of all major traumatic injuries are because of a road traffic accident; other common causes are industrial (or farming) accidents, sporting accidents, an assault, a fall from a great height and self-harm. There are around 20,000 major trauma cases in the UK every year and the average age of patients is just under 40 years old (The Trauma Audit and Research Network).

When people are admitted to hospital the severity of their injuries are assessed and scored. The body is divided into six sections and the injuries in each section are given a scoring of between 1-6 (1 Minor and 6 Unsurvivable). The three highest injury scores (taken from three different regions of the body) are squared and added together to give a total score on the Injury Severity Scale. Anyone with a score of 16 or more is assessed to have a major traumatic injury.

<https://dayonetrauma.org/>



Euan's Guide is the award-winning disabled access charity. They're best known for EuansGuide.com, the disabled access review website. But they also make tens of thousands of accessible toilets safer, run the UK's largest Access Survey and lots more! The charity was founded in 2013 by Euan MacDonald MBE, a powerchair user, and his sister Kiki after Euan was diagnosed with Motor Neuron Disease. They discovered how the lack of disabled access information made experiences stressful and Euan's Guide was born after discovering that other disabled people experienced the same challenges.

EuansGuide.com is the disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond. The website shares thousands of experiences and is the go-to tool for many

disabled people. They believe in making the world more accessible one review at a time. Thousands of people use Euan's Guide every month to find and share disabled access information. Euan's Guide is opening doors for disabled people to find great places to go. By breaking down barriers of exclusion, it gives everyone the freedom to explore.

<https://www.euansguide.com/>



Online Talks and Lectures from Gresham College

Gresham College (a registered charity) provides free educational videos, talks and lectures (in person and online) 'at university level', covering a broad range of subjects. The following is a selection of some forthcoming online events (unless otherwise stated, starting at 6.00pm):

- Raising the Net Zero Conversation: How to Stop Climate Becoming a Wedge Political Issue, 1st October,
- Why Does Britain Have a Housing Crisis?, 22nd October,
- Why Writing Women Back into History Matters, 5th November,
- Making Sense of Conspiracy Theories, 14th November,
- How Inequality Affects Mental Health, 21st November...and many more.

Further information and to register here <https://www.gresham.ac.uk/whats-on?see-all>

Recordings of previous talks/lectures can be viewed here <https://www.gresham.ac.uk/watch-now/browse-all?see-all>



Steel Bones and Able 2 Be Launch Fitness Club for Amputees in Norwich

Steel Bones has launched a weekly fitness club in NORWICH in partnership with Able 2 Be, Sport England and Irwin Mitchell. Thanks to the funding these sessions are free to ensure there are no barriers for anyone attending, all are welcome. Each person will be able to attend the sessions in a bespoke way which suits their requirements.

This group will be crucial in enabling the amputees to meet others like themselves and provide encouragement and support the fitness sessions will reduce isolation and loneliness and amputees will be more able to cope and gain confidence, to be less anxious. The gym is well situated with parking, easy access for wheelchair users, excellent machinery in a state-of-the-art luxurious purpose-built gym. For any amputees keen to join these sessions please ring 01223734000 to speak to one of the Steel Bones team or email hello@steelbone.co.uk for information. Steel Bones is a charity working across England and Wales to support amputees and their families overcome the trauma of amputation.

<https://steelbone.co.uk/steel-bones-able-2-be-launch-fitness-club-for-amputees-in-norwich/>



Norfolk and Waveney Mind Announces Changes to its Crisis Support Provision to Meet Demand for Mental Health Services

Norfolk and Waveney Mind has announced changes to REST (Recover, Eat, Support, and Talk) Evening Sanctuaries and Telephone Support Line provision, designed to ensure that staff are better able to meet the needs of people in crisis accessing their services.

The **REST Evening Sanctuary** provision has been running for over two years and is designed to provide same day face-to-face interventions for people experiencing a crisis, through safety planning and support. During this time, they have delivered the service across Norwich, Thetford and Aylsham. Following the review, a decision was made to update the evening sanctuary offer. As such, with effect from 2 September 2024 the REST Evening Sanctuary service has been centralised with the face-to-face provision being provided through REST Norwich only. To ensure they continue to provide a fully accessible service and reach more service users, they have expanded the online and telephone support service to ensure no one should have to face poor mental health alone.

From 2 September the **Telephone Support Line**'s operating hours have changed from 10am to 12 midnight, to 2pm to 12 midnight. The aim is to ensure that they have more people working at the times of highest demand for the service, thus reducing waiting times and ensuring that dedicated staff are better equipped to help people in crisis more quickly.

Telephone 0300 330 5488; enquiries@norfolkandwaveneymind.org.uk;
www.norfolkandwaveneymind.org.uk



Action today for all our tomorrows

The Valuable Role for Communities and Local Authorities in Raising Pension Credit Take-up

A recent change in the eligibility rules for the Winter Fuel Payment has raised the importance of older people signing up for Pension Credit if they meet the criteria. Pension Credit has a notoriously low rate of take-up, but local authorities and their communities can play a valuable role in helping to raise these levels, says Rebecca Lines of the Centre for Ageing Better. Designed to help with the daily living costs for older people over state pension age on a low income. More than 800,000 older people living on very low incomes are not claiming Pension Credit they're entitled to receive - <https://ageing-better.org.uk/financial-security-state-ageing-2023-4>

But the Chancellor's recent announcement means that people over 66 who do not receive Pension Credit or a small number of other means-tested benefits, will no longer receive automatic annual payments of between £100 and £300 to help with energy costs through the winter. This makes the case for encouraging greater take-up among those eligible even stronger - <https://ageing-better.org.uk/blogs/valuable-role-communities-and-local-authorities-raising-pension-credit-take>

DWP have some digital resources on their website, including social media graphics and downloadable posters - <https://www.gov.uk/government/publications/pension-credit-toolkit>

There is also a good overview and video explaining Pension Credit on the Money Saving Expert website - <https://www.moneysavingexpert.com/savings/pension-credit/>

Norwich



Electoral Registration

Norwich City Council is reminding residents that now is the time to check their electoral registration details are up-to-date, and to ensure that the council has their correct email address. The council is writing to Norwich residents via canvass emails or letters. While it is a legal requirement for residents to provide this information, they must be registered if they want to have a say in who represents them at the next election. Residents may be used to receiving a paper form in the post to check and confirm their details, but this year, if the council has an email address, residents should have received an email from electoral.services.norwich.city.council@notifications.service.gov.uk

If they have, they do not need to wait to receive a form and send it back, as they can check and confirm or amend their details online, using the secure codes within the email. This makes the process more convenient, reduces postage and printing costs, as well as saving paper. For more information, please visit the website –

https://www.norwich.gov.uk/news/article/747/your_vote_matters_check_and_update_your_electoral_information

South

Have your say! 🗣️

Help us as we develop a plan to make Wymondham a more attractive place to visit, work and live.

The consultation closes on 13th October - make your voice heard at

<https://www.surveymonkey.com/r/Wymondham-Public-Realm-Survey>

#Wymondham #Consultation #HaveYourSay



Have your say

Wymondham Town Centre
Public Realm Improvements

Breckland



Dereham Town Council

20 Aug · 🌐

Dereham Town Council - Consultation on Breckland Car Park Charging

At its August meeting, Dereham Town Council were concerned with Breckland District Council's decision to introduce car parking charges. The Town Council resolved to consult residents on their preferred method of paying for car parking in Breckland. If this consultation shows that residents would prefer to pay for car parking via their Council Tax rather than pay as they use the car parks, then the Town Council would make representation to this effect to Breckland Council.

Please follow the link below to the Town Council's consultation:



poll.app.do

POLL: Dereham Town Council Consultation on Breckland Car Park Charging

https://poll.app.do/dtc-consultation?fbclid=IwY2xjawFWzDRleHRuA2FlbQIxMQABHZSUFO4uZISuCBPdQLfaiPqffN5cwaSIVxnxarhBzDPPrKTu-laEs4B97mA_aem_3iwnTmLuD7ytHWbl7JQ3QA&sfnsn=scwspmo

Sanctuary Scheme

Home security for those experiencing domestic abuse

The Sanctuary Scheme aims to make homes more secure for victim-survivors of Domestic Abuse, so that they can choose to remain in their own homes if it is safe to do so. Security measures offered through the scheme can include:

Window alarms



Extra door & window locks



Camera doorbells



Are you a professional supporting an individual who is a victim-survivor of domestic abuse?

Please visit our webpage for more information and to make a referral
west-norfolk.gov.uk/sanctuariescheme

Are you an individual who is a victim-survivor of domestic abuse and in need of support? Seek advice from the following agencies:

Nidas Norfolk
nidasnorfolk.co.uk
0300 561 0555

Leeway Support
leewayssupport.org
0300 561 0077

Pandora Project
pandoraproject.org.uk
Live chat available via the website

Norfolk County Council Family Hubs
norfolk.gov.uk/children-and-families/family-hubs/contact-family-hubs

These agencies may be able to make a referral on your behalf.

If you do not wish to engage with agency support but would still like to know if you are eligible for help under the Sanctuary Scheme, please email sanctuary@west-norfolk.gov.uk and we will get in touch for an informal and friendly discussion.

See west-norfolk.gov.uk/Sanctuariescheme for more information

Borough Council of
**King's Lynn &
West Norfolk**





The Downham Market Hub has now opened in its permanent home at 10-12 High Street, PE38 9DB!

OPEN MONDAY TO FRIDAY, 9AM-5PM.

The Hub will offer a counter service operated by the Post Office, where customers of all major banks can carry out regular cash transactions, whenever it's open.

A community banker service will also be available where customers can talk to their own bank about more complicated issues on allocated days:

Monday: HSBC

Tuesday: Lloyds

Wednesday: Santander

Thursday: NatWest

Friday: Barclays

We look forward to serving the community from our new home.

<https://www.cashaccess.co.uk/hubs/downham-market-norfolk/>

Go Green WEST NORFOLK

Go Green West Norfolk Fund

Grants of up to £8,000 are available to village halls, community buildings, and sports halls in West Norfolk. Applications must be from constituted groups directly responsible for the management of the community building. Grants can cover up to 75% of project costs to make energy efficiency improvements to the building.

Deadline: Friday 15th November 2024.

<https://www.communityactionnorfolk.org.uk/sites/content/go-green-west-norfolk-fund-deadline-friday-15th-november-2024>



The Bridge for Heroes Charity

The Bridge for Heroes run a Drop-In centre on South Clough Lane, King's Lynn, and doors are open from 10am until 4pm Monday to Friday, and from 10am until 2pm on Saturdays. They provide hot and cold drinks, home-cooked lunches, with a warm welcome and friendly conversation. If you are a veteran or serving member of HM Forces, full-time or

reserve, you are welcome to access services. If you are the spouse, widow/er, parent, child or carer of someone who has served or is serving, they are there for you too. And they don't want to forget families separated through divorce or relationship breakdown. They do everything they can to assess need on a case-by-case basis, and it all starts with a brew and a chat!

The outreach service means The Bridge for Heroes can visit people in their own homes or in hospital. Where possible, they like to support people to come in to the centre so they can benefit from the social interaction. They are able to offer transport on a case-by-case basis, and try where they can to bring in beneficiaries from the same area together.

Walk-ins are positively encouraged! If you don't feel confident about visiting on your own for the first time, you can phone ahead and arrange to meet a member of staff on the day, or bring a friend. They love to tell people about their work so if you are interested in hearing more or have any questions, come in and speak to a member of the team.

Address 52A South Clough Lane, King's Lynn PE30 1SE and online at www.thebridgeforheroes.org. Call the team on 01553 760 230 or email contact@thebridgeforheroes.org.

Activities

Norfolk and National



Talking Therapies


Norfolk and Waveney
Talking Therapies

Socials Update



Photo taken on our Thetford Wellbeing Walk

Along with the new logo and new email address, Norfolk and Waveney Talking Therapies (previously known as the Wellbeing Service) have decided to slightly change the way they let us know about socials. Please see below the socials for the next 3 months. Keep an eye on their website and social media for one off events in November and December. They're running all the regular walks around the county, as well as more indoor café socials as the weather starts to get colder. All 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, all socials are open to everyone 16+, with no need to book. full details of all events can be found on our website:

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

For any questions, please email cdcteam@norfolkandwaveneymind.org.uk or call 0300 123 1503

Community Socials

October-December 2024



Norfolk and Waveney
Talking Therapies

Day	Location	Time	Oct	Nov	Dec
Monday	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	14th	11th	9th
	Crafty Creations DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	10.30	21st	18th	16th
	Attleborough Social *NEW* Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	28th	25th	23rd
Tuesday	Re-Do Crafting Social - *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	1st	5th	3rd
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12noon	1st	5th	3rd
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	15th	19th	17th
Wednesday	Norwich Café Social (just on Wednesday for October then Thursday) Merchant's House, Fye Bridge St, NR3 1LJ	10.30	9th	-	-
	Online Quiz Night – entry via our website https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/	18.00	9th	13th	11th
	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	16th	20th	18th
Thursday	Dungeons & Dragons One Shot Adventure *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	3rd	7th	5th
	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ	10.30	-	14th	12th
	Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET	12.30	31st	28th	-
	Lowestoft Café Social The Red Mingo, 4 Surrey Street, Lowestoft NR32 1LJ	13.00	17th	20th	18th
	Mindful Colouring Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG	17.00	3rd	7th	5th

All of our socials are open to anyone 16+ with no need to book unless specified, which can be done on the email below. Socials last around 1.5 to 2 hrs and are very informal.

Online socials can be accessed via our website.

Any queries please email us: CDCTeam@norfolkandwaveneymind.org.uk



for anxiety and depression



The Conservation Volunteers (TCV) October Programme

FREE FOOD!

Hopefully that got your attention! TCV are looking to thank volunteers old and new by providing lunch for all attendees wherever convenient outlets exist near to where they are working this month. Could be sandwiches, could be chips, but they will see that people get a decent feed to help keep out the autumn chill. The changing seasons mean actually rather better working weather (hopefully) as they switch from brushcutting and raking in the heat of summer to more work with bowsaws and loppers to clear excess scrub. Work on Moushold gradually changes from meadows to cutting gorse on the open heath, and there is the start of a big new scheme to transform problematic areas of a park in Watton into a beautiful nature trail. They also have the first pond of the year to tackle, and another chance to explore the fascinating monuments of the Rosary cemetery. Hopefully someone you work with will be able to join soon.

Contact - Mark Webster 07740 899 691 mark.webster@tcv.org.uk
www.tcv.org.uk/norfolk



FREE DROP-IN SUPPORT

Tea and Tech

**Get Online Week at
Norfolk Libraries**

14th–19th October

Do you or someone you know need help to get online? Join us for a cuppa and get support to make the most of digital tech.

Mon 14 – Fakenham Library – 11:30–1:30

Tues 15 – King’s Lynn Library – 2–4

Thurs 17 – Stalham Library – 3–4

Thurs 17 – Great Yarmouth Library – 10–12

Fri 18 – Wells Library – 11–1

Fri 18 – North Walsham Library – 2–3:30

Sat 19 – Swaffham Library – 10:30–12





Cuppa Care Timetables

Originally initiated by the Rotary Club of Norwich, the Cuppa Care Project has been developed and led by Hear for Norfolk, and is delivered by a partnership of local organisations working jointly towards bringing people together and tackling loneliness that may be caused through poverty, disability, age, gender, lack of accessible local support and information services, geographical remoteness, poor transport or other issues.

Loneliness is a problem that goes beyond a painful emotional experience. Research shows that loneliness and social isolation are harmful to our health. As well as being harmful, loneliness is also very common.

For timetables from Acle through to Wymondham, please see their website below –

<https://www.hearfornorfolk.org.uk/cuppacare/>

Norwich



Clubs & Trips

Age UK Norwich's range of activities in local communities across the city are places where you can learn new skills, socialise with new people, and keep your body and mind active. They work in partnership with a wide range of organisations to run age friendly social activities for any level of experience – so there's something for everyone –

<https://www.ageuk.org.uk/norwich/activities-and-events/clubs-and-trips/>



New Companionship Cafes

This autumn Home Instead are launching two new Companionship Café locations in Norwich to combat loneliness and isolation. These cafés offer tea, coffee, cakes, quizzes, and friendly company, as well as access to tablets for internet use, games, or tech support. Here are the café locations and schedules:

Thorpe Companionship Café

When: 1st Thursday of each month

Where: St Williams Way Library, NR7 0AJ

Earlham Companionship Café

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Hellesdon Companionship Café

When: 2nd Friday of each month

Where: Hellesdon Library, NR6 5QB

Attendance is free, and no booking is required. For more details, contact:

Email: hannah.begley@homeinstead.co.uk

Phone: 01603 963317



Join our **FREE** Weight Management Service

Take control of your weight and improve your wellbeing with Your Health Norfolk. Our **FREE 10-Week Adult Weight Management Groups** provide tools and support to help you become more active, eat well and lose weight. Transform your lifestyle with us.

If you don't qualify for our free 10-week course, you can still participate in our programme. Check your eligibility on our website.

Choose either:

Nutrition only or Nutrition & Exercise

**Wymondham Abbey Hall, 12
Church Street, Wymondham
NR18 0PH**

Thursdays - 18:00 × × × × ×



01603 339026
www.yourhealthnorfolk.co.uk
In partnership with 

Sign up here





Coffee & Chat Drop-In Sessions 2024

**at Star Throwers
30 Melton Road
Wymondham NR18 0DB**

from 1400-1600 on the following dates

Wednesday 18 September

Wednesday 23 October

Monday 18 November

Wednesday 11 December

**Drop in for coffee and biscuits and to find out more about breast reconstruction following breast cancer. Jane and other Keeping Abreast volunteers will be on hand to offer support and provide information about breast reconstruction in an informal and relaxed atmosphere
If you can't attend a meeting and would like a chat with Jane please ask a member of Star Throwers**

**For more information visit our website www.keepingabreast.org.uk
or our 'Keeping Abreast – Norwich' Facebook page
Jane may be contacted through Star Throwers**

Registered Charity No. 1129522 Registered Company No. 6891388



HEALTH & WELLBEING PROGRAMME


As we Age, health and wellbeing is key to maintaining a good quality of life.


Our group exercise sessions are designed to help improve strength, balance, flexibility, general fitness levels and wellbeing. Ideal for those with limited mobility and those looking to help manage long-term health conditions.


CLASS OVERVIEW

- 12 group exercise sessions with a qualified coach free of charge
- Multi level sessions to enable you to work at your own level
- Exercise in a relaxed, friendly environment with full support
- Provide an opportunity to socialise

DETAILS

 The Abbey Hall, Wymondham

 10:15 - 11:00 - multi-level circuit class *followed by 30 minute social*

 Weekly from Wednesday 25 September 2024



BOOKING ESSENTIAL

group-exercise@ageuknorwich.org.uk
07442549683

www.ageuk.org.uk/norwich/our-services/health-wellbeing-programme
Age UK Norwich, Registered Charity Number 1094623

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

Breckland



Breckland Community Events

Breckland Council collates and maintains details of upcoming events in the Breckland area - including 'community litter picks', quizzes, an Ancient Egyptian Mummification Workshop (for ages 11-19)!, coffee mornings, bingo sessions and more. Visit the webpage below where you can also register for updates/email alerts.

<https://www.breckland.gov.uk/whatson>



Cafe Cuthbert Serving the Community in Thetford

If you find yourself in Thetford on a Saturday morning, a little thirsty and ready for a bite to eat, then Café Cuthbert is ready for you. “It’s open to absolutely anyone who wants to come,” said the Rector of Thetford, the Revd Dr Peter Herbert. Café Cuthbert was launched by the church in 2022 and offers hot and cold drinks, cakes and bakes, and light hot food – and the chance to enjoy it all in a fine medieval church.

<https://www.dioceseofnorwich.org/cafe-cuthbert-serving-the-community-in-thetford/>



IT'S QUIZ TIME!

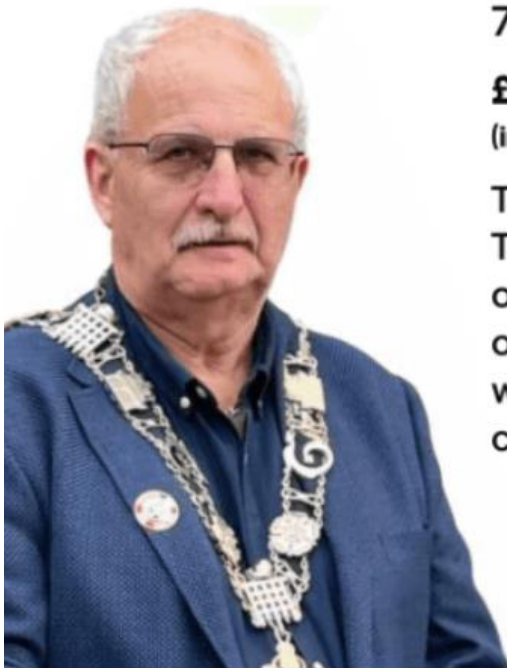
Mayor of Thetford Councillor Chris Harvey
Invites you to join him at his charity quiz
evening raising funds for his
Mayoral charities - Thetford & District
Dementia Care, The Meet Up Cafe
and Fulmerston Family and Community Project.

Friday 4th October 2024
Venue: The Meet Up Cafe
7pm start

£5 per person
(including light refreshments)

Tickets available from
Thetford Town Council ticket
office at The Carnegie or
online via:

www.ticketsource.co.uk/the-carnegie-thetford



www.thetfordtowncouncil.gov.uk

<https://www.ticketsource.co.uk/the-carnegie-thetford/the-mayor-of-thetford-charity-quiz-night-hosted-at-the-meet-up-cafe/e-lgaybk>

Upcoming Creative Socials...

**FUN | FRIENDLY
ADAPTABLE | INCLUSIVE**



OCTOBER 2024

Mindful Movement with Vanhulle Dance Theatre

Join Laura and Oliver for an inclusive, and open dance workshop. Focus on building confidence, strengthening co-ordination and nurturing a quality environment.

Thursday 3rd October
Friday 11th October
Friday 18th October

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

Suitable for people aged 50+, including those with long-term health conditions, carers and people looking to create new connections!

Book your place now...

Call us on **01953 713390**, email info@creativeartseast.co.uk
or visit [ticketsource.co.uk/creative-arts-east](https://www.ticketsource.co.uk/creative-arts-east)

Zine Making and Playful Illustration with Rose Feather - Learn three simple ways to fold and sew a zine and make your own small publication on a theme of your choice. Rose will bring materials and techniques from her illustration studio to play with.

- Friday 8th November 1-3pm – Thetford Methodist Church
- Thursday 14th November 1-3pm – Attleborough Town Hall
- Friday 15th November 1-3pm – Dereham Trinity Methodist Church

To book Creative Socials and Afternoon Events – <https://www.ticketsource.co.uk/creative-arts-east>

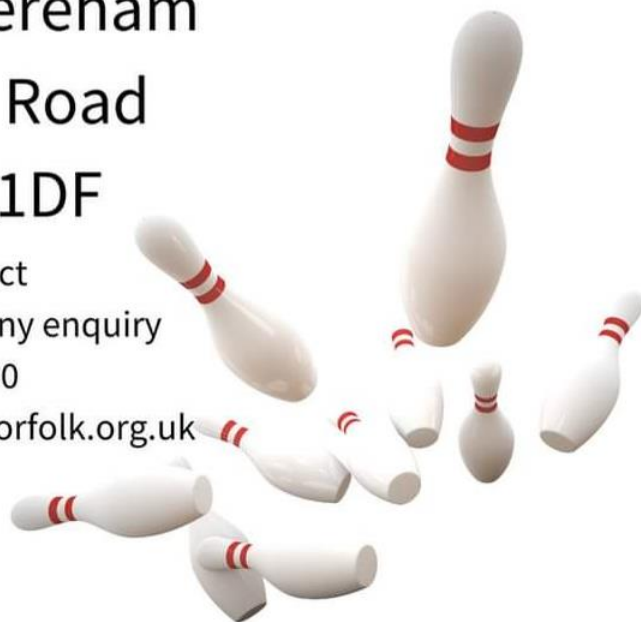
Vision Norfolk Dereham Bowling Group

Come along to our brand new group
for a game of bowling,
and a chance to socialise during and after

Taking place the last Friday of the month
Beginning Friday 27th September
at 11:00am

Strikes Dereham
Station Road
NR19 1DF

Please contact
Chris Linstead with any enquiry
07743921430
chris.linstead@visionnorfolk.org.uk



North Norfolk

The Mardle Café at the Cromer Hospital is hosting a Carers coffee morning to help carers in the North Norfolk area.

Carers Voice support the group and provide information and resources for carers.

The support group is open to all carers and no booking is required.



Carers Coffee morning at The Mardle, Cromer Hospital café

1st Wednesday of the Month – 10 - 12pm

Information available on disability and support

Chat with a free coffee or tea with a cake

Bring your loved ones too

Address - Mardle Cafe, Cromer and District Hospital, Mill Road, Cromer, NR27 0BQ

Holt Community Centre

FREE The Cosy Cafe -
Open Monday, Tuesday,
Wednesday and Friday mornings
10am - 12pm Noon.

FREE Community Cafe Lunch -
Every Thursday at 12pm Noon.

Everyone welcome!



HELP AND SUPPORT Holt

Advice - Food - White Goods - Energy Support

Holt Youth Project

The Pavillion Resource Centre -
FREE preloved clothing for parents and
children
Tuesdays 10am - 12pm Noon
FOOD BANK (Voucher Required)
Every Friday 1.30pm - 3pm

Citizen's Advice Bureau

FREE IMPARTIAL ADVICE
Appointments available
Tuesdays 10am - 12pm noon
Holt Community Centre

Advice and Information on
debt, money, benefits,
housing, employment issues,
health, family and more!

Tel No: 03444 111444

FREE Food Available

The Community Fridge is available at
The Treehouse Cafe on Charles Rd
Open 9am - 2pm. Every Week Day.

Everyone welcome!

Affordable Food Available

The Coastal Supermarket is at The Hub on Charles Rd
Tuesdays 12pm Noon - 3pm
Fridays 9am - 12pm Noon

Everyone welcome!

Holt & District Community Support Fund

- ✓ Help towards electricity bills (pre-paid meters)
- ✓ Wood, Coal & Oil Deliveries
- ✓ Winter Essentials incl - Electric Blankets
- ✓ White Goods

Holt & High Kelling Residents (& families at Holt Primary) Only
Tel No: 07826376343 (Quote Holt CSF)

Holt and District Community Support Fund (Energy)

Support for Local People by Local People

Are you struggling to be able to afford your Energy Bills this winter?

Help is available right now...

Support is available towards;

- Gas and Electricity Bills
- Oil, Coal and Wood deliveries

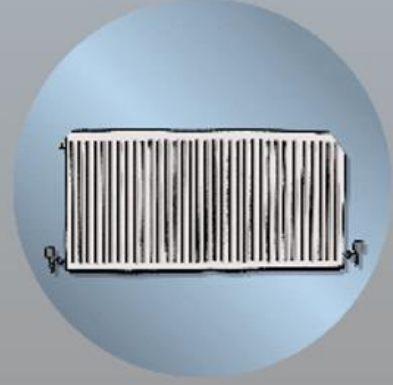
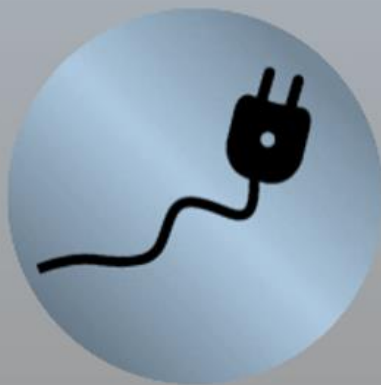
Payment will be made direct to utility companies or suppliers

Contact us...

North Norfolk Food Bank (Please quote Holt CSF) –

Tel: 07826376343

Email: info@northnorfolk.foodbank.org.uk





Rainbows of Hope

Join us for **FREE** rainbow-themed drop-in craft sessions at the library:

North Walsham (Thursdays 1-3) –
October 10th, November 28th,
December 19th

Aylsham (Thursdays 1-3) –
October 24th, December 12th

Stalham (Tuesdays 3.30.5.30) –
October 8th, November 19th,
December 17th

All materials provided. Our sessions are gentle and relaxed, we will listen but will not intrude. Email Caroline at

RememberingTogetherGroup@gmail.com
or visit our website

www.rememberingtogether.cic.com or
join our Facebook group (Remembering
Together) for details.

Remembering Together is a non-profit organisation that supports bereaved people through creative arts projects. We are sponsored by Norwich Consolidated Charities, National Lottery Awards for All and North Walsham Community Shop.

West Norfolk

FOOD FOR THOUGHT

Tuesdays 9.30am – 11.30am
17 Sep – 3 Dec 2024

London Road Methodist Church,
20 County Court Road, King's Lynn PE30 5EJ

01553 616200
asklily.org.uk

EVERYONE WELCOME

CHILD-FRIENDLY VENUE

SWAP RECIPE IDEAS

TASTING SESSIONS

FREE TO ATTEND

Funded by UK Government

King's Lynn & West Norfolk

The venue is the church hall BEHIND London Road Methodist church. Access it by the alleyway between the church and the solicitors, or park in County Court Road and you'll see it.

We look forward to seeing you! Attendance is FREE. Tea, coffee, squash and fruit will be available and you get to try everything our professional chef, Jen, demonstrates how to cook.

WEST NORFOLK CREATIVE SOCIALS

FREE hot drink
and cake at
all events!



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

Want to come along?

All events are free to attend!

Booking is essential and spaces are allocated on a first come first served basis, so please book online or contact us in advance to book a place and let us know your access requirements.

Book a place now or find out more...

Visit ticketsource.co.uk/creative-arts-east

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



See what's
coming up
overleaf!



Run by
professional
artists, sessions
can be adapted
for all abilities.

We are
Dementia
Inclusive 



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

 **creative**
ARTS EAST



OCTOBER 2024

Mindful Movement with Vanhulle Dance Theatre

Join Laura and Oliver for an inclusive, and open dance workshop. Focus on building confidence, strengthening co-ordination and nurturing a quality environment.

Mon 14th October
Weds 16th October

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

Suitable for people aged 50+, including those with long-term health conditions, carers and people looking to create new connections!

Book your place now...

Call us on **01953 713390**, email **info@creativeartseast.co.uk**
or visit **ticketsource.co.uk/creative-arts-east**

🎨 Conversations in Colour 🎨

Would you like to spend time with others - chatting, making new friends and using mindfulness colouring to improve your mental health? Come along to our new group Conversations in Colour every Wednesday in term time. 🖍️

The group runs weekly at 1.30pm – 3pm and everyone is welcome to drop in and have a chat with a cuppa.



Refreshments are available – donations welcome.

Dates for your diary:

25 September

2 October

9 October

16 October

23 October

[#DownhamMarketLibrary](#)



Address – Downham Market library, 78 Priory Rd, Downham Market PE38 9JS

Events

Norfolk and National



Norfolk and Norwich University Hospital Fayre and AGM

You are invited to the Hospital Fayre and AGM on Wednesday 2 October. From 2pm you can tour the marketplace of exhibition stands about services and meet members of the staff. From 4.30pm to 6.30pm, there will be a review of the year and presentations from clinical teams in the lecture theatre.

- The Emergency Department team will be describing how they reduced ambulance handover times and became one of the top performers in the country in meeting national targets.
- The Colorectal Cancer Surgical Team will share its excellent patient outcomes describing the patient pathway from screening through to robotic surgery.

The event will include Inspiration Awards from the Norfolk & Norwich Hospitals charity, concluding with a question-and-answer session with a panel of the executive team.

The event takes place in the Benjamin Gooch Lecture Theatre, Level 1, East Atrium at the Norfolk and Norwich University Hospital and there is no need to book a place.

If you would like more information, please get in touch at: membership@nuh.nhs.uk

Join us for the

Hospital Fayre & AGM

2pm-6.30pm Wednesday 2 October

East Atrium, Norfolk and Norwich University Hospital

 Welcome to patients, carers,
families, the public and staff 

 Come and meet our teams get involved
and hear about our latest service improvements
2pm - 4.30pm

 See how we're performing
with a review of the year at our AGM
4.30pm - 6.30pm 

For more information, email membership@nuh.nhs.uk



Action today for all our tomorrows

Building Effective Local Home Improvement Services - Good Home Hubs

What is a Good Home Hub? Learn about this comprehensive model for home improvement services and how it can benefit people living in your area. Many people need to make changes to keep their homes accessible, safe and warm but do not know where to turn for information and support. An easy to use, one-stop shop providing advice and support – a Good Home Hub – is key to helping people make those changes -

<https://ageing-better.org.uk/improving-homes-good-home-hubs>

This one-hour webinar will introduce the Good Home Hub model and provide practical examples of places with innovative approaches to improving the quality of homes in their local area - Wed 2 October 2024 - 10:00 - 11:00.

<https://ageing-better.org.uk/events/local-home-improvement-services>

**VOLUNTARY
NORFOLK**

Corporate Volunteering: Good for Business, Good for the Community Event

Hosted by Voluntary Norfolk on Wednesday, 2nd October, from 3pm to 5pm at the Marble Hall, Aviva Building, Surrey Street, Norwich. This event is designed to foster connections between local businesses and voluntary, community, and social enterprise organisations (VCSEs) to explore the benefits of corporate volunteering or employer supported volunteering (ESV). Local businesses can:

- Learn how volunteering can positively impact the community.
- Offer employees opportunities to gain new experiences and share expertise.
- Boost staff wellbeing, confidence, and productivity.

VCSEs will:

- Engage new volunteers and expand community outreach.
- Benefit from business professionals' skills and expertise.
- Discover new ways to recruit and work with volunteers.

The event will feature discussions, inspiring speakers, and opportunities to connect with others through a marketplace of "help wanted" and "skills & assets offered." Attendees can enjoy refreshments while networking and building partnerships.

For more information, email communities@voluntarynorfolk.org.uk or to book tickets which are free of please visit the Eventbrite link: <https://www.eventbrite.co.uk/e/corporate-volunteering-good-for-business-good-for-the-community-tickets-992848114437>

Care for Carers

Care Group Support Association

Carers Information Day

Monday 7th October 2024 – 9.00 am – 3.00 pm.

We call it a “Carers Information Day”, but all our “Carers Information Days” are designed to help carers, the cared for, ex-carers, older people, the lonely, and the vulnerable, in fact, anyone. If you would like to take part, please complete the Event Registration

Document 2024 for table space -

<https://docs.google.com/a/careforcarers.org/forms/d/e/1FAIpQLScuniOUi7btsuimAZuMdWQ5Cj19--vVbFP8zFQwks7PmE8mlg/viewform>

<https://www.careforcarers.org.uk/news/carers-information-day-at-norwich-forum>



Norfolk Cancer Network

Monday 7th October 2024 10:30 to 12:00 - Norfolk Cancer Network Online Session

What support is available to people affected by breast cancer? For more information, please visit <https://www.communityactionnorfolk.org.uk/sites/content/talking-about-cancer-together>

Email office@communityactionnorfolk.org.uk



ANNUAL GENERAL MEETING & WORKFORCE SUMMIT

In conjunction with



Join the Norfolk Care Association AGM & Workforce Summit 2024 on 9th October 2024 at Norwich City Football Club, in collaboration with Norfolk County Council. This event will focus on the new workforce strategy for the social care sector, featuring insights from industry leaders, wellbeing-focused activities, and key themes such as "Transform," "Train," and "Attract & Retain." Attendees will have opportunities to network and participate in an exclusive giveaway during the extended lunch. Secure your spot now –

<https://www.tickettailor.com/events/norfolkcareassociation/1339559>

DOMESTIC ABUSE & VIOLENCE AGAINST WOMEN & GIRLS CONFERENCE

Friday 11th October 2024 | 9am-4pm

Airport Holiday Inn, Norwich



Join Leeway and The Magdalene Group for a fantastic, informative, event highlighting just some of the great work being done to tackle violence against women and girls (VAWG) and domestic abuse! This year sees Leeway turn 50 and The Magdalene Group turn 30, and we will be celebrating some of the positive developments to tackle VAWG during this time. We have some fantastic speakers confirmed, covering a range of topics!

To book your place, scan the QR Code.

EARLYBIRD: £75
FULL PRICE: £85





Energy Presentation

Do you support people who are worried about or struggling with energy costs but don't know what support and advice is available? Attend this session on 14th October 2024 from 10.30am to 11.30am to find out about how they can make changes at home, and where you can gain reliable advice and support. After the presentation there will be an opportunity for attendees to ask questions about the information shared. To book a place contact office@communityactionnorfolk.org.uk. Places are available on a first come first served basis. Do share with anyone who may be interested in attending.

This can be followed by one-to-one advice and support slots to go through annual statements and talk about client options. If this would be of interest do contact office@communityactionnorfolk.org.uk as these slots will need to be arranged in advance.



Labour's Budget: A Living Standards Turning Point?

Norfolk Citizens Advice are hosting a discussion on 15 October to look at how Labour could improve living standards. This October Data Insights event will examine what they expect Labour to announce in their first Budget. They will explore the policy levers they could pull to raise living standards in the short and long term and put pounds back into the

pockets of those who need it most. To join this discussion please register here: <https://www.eventbrite.co.uk/e/labours-budget-a-living-standards-turning-point-tickets-947970975707?aff=erelexpmlt>



#NationalHCAW

Hate Crime Awareness Week Conference

This year's national Hate Crime Awareness Week (HCAW) will run from 12th to 19th October. Partners are invited to join the conference on Wednesday 16th October, 1pm – 4pm highlighting the key themes and issues facing communities as part of HCAW. South Norfolk and Broadland Council are kindly hosting an event organised by the NCSP at their offices to support the delivery of important messages from a range of specialist local and national organisations providing support to those who have been victim of hate crime. Spaces are limited, so they encourage early sign up. They are especially keen for any staff in charge of training and development who can help cascade the key learnings among their organisation.

For a space, please sign up here –

https://forms.office.com/pages/responsepage.aspx?id=crzGY5Ow20K_ihTiqZjiEZReii6bZNRpZpX3bTSdrRUNU1LQ0pXT1ExNkFXTU01WEhPQ011NTk2Ti4u&route=shorturl

Norwich



Age Friendly City Event

Just a reminder that there is still time to book onto the up-and-coming launch event for the project: Age Friendly Norwich. Working in partnership with Norwich City Council, Age UK Norfolk are undergoing the application to be registered as part of the Centre for Ageing Better and the global WHO Ageing Cities initiative. This event formally launches the work, setting out where they have come from to this point and aspirations as the project develops.

Please register for a ticket to the event on the 3 October, which is free to attend, via the link here: <https://www.eventbrite.co.uk/e/norwich-a-fine-city-to-grow-in-launching-an-age-friendly-city-tickets-1006624640397?aff=oddtcreator>

The poster has a blue background with a green and purple abstract shape at the bottom. It features two circular inset photos: one on the left showing an elderly woman and a child, and one on the right showing a group of people outdoors. The text is centered and includes the event title, date, time, and venue. Logos for agefriendly Norwich, Norwich ageUK, and Norwich City Council are at the bottom.

AGE UK NORWICH INVITES YOU TO

Norwich, a Fine City to Grow Older In

Launching an Age Friendly City

Thursday
3 October

16:30 - 18:30

Venue: Norwich City Hall

Photo opportunity at City Hall steps before
the event from 16:00 - 16:30

agefriendly
Norwich

Norwich
ageUK
Improving the
quality of later life

NORWICH
City Council



Doorway of Hope Service

13

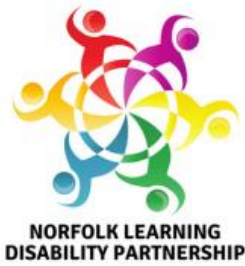
October
6pm

Norwich Cathedral
NR1 4DH

Join us for a service of remembrance for those who have lost a baby, no matter at what stage of pregnancy or how long ago your loss was. The service is a safe space for individuals to come together and remember. The service is open to people of all faiths or none.

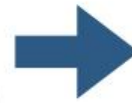
info@timenorfolk.org.uk
www.timenorfolk.org.uk/events





Norwich Learning Disability Locality Group

The Norwich Locality group covers areas such as Norwich and the surrounding areas.



What will we talk about:



Sex and Relationships



Norfolk Library Services

Where is the meeting?

The Willow Centre,
1 Willowcroft Way,
Cringleford,
Norwich,
NR4 7JJ



For more information email contact@norfolkldpartnership.org.uk

South Norfolk

Celebrating 50 years
of North Wymondham Community Centre

WE ADORE 1974

Saturday 19 October 2024
7.30pm - 11.00pm

- ✿ Relax and enjoy listening to Top Ten Hits of that year
- ✿ Dress to impress in your finest 70s outfit (optional but encouraged)
- ✿ Bring your own 1974 style buffet and drink
- ✿ Prize awarded for the best themed buffet display
- ✿ Prize for best outfit
- ✿ Table quiz
- ✿ Raffle

Tickets £5 per person. Maximum of six per table.

Advance booking essential.
Text to 07851 370666 or email tony@valemil.uk

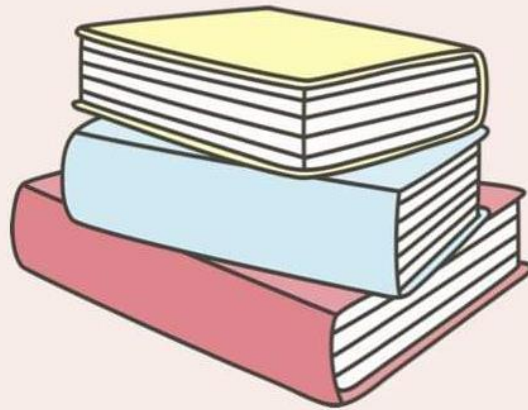
**North Wymondham Community Centre,
Lime Tree Avenue, Wymondham, NR18 0HH**

Raising funds for the upkeep of the Hall.
Registered Charity No 266932

Breckland

ATTLEBOROUGH TOWN COUNCIL COMMUNITY BOOK SALE

11th, 12th & 13th October



PAPERBACKS 20p ~ HARDBACKS 50p
CHILDREN'S BOOKS 10p

Town Hall, Queens Square,
Attleborough NR17 2AF

Broadland



EVERYONE'S INVITED

WHAT LOCAL COUNCILS CAN DO FOR US.

Not heard of BOPP? Want to find out more?
Want to get more involved in your local area?



-  2:00pm - 2:05pm Welcome introduction
-  2:05pm - 2:55pm The Help Hub - Kerrie Gallagher
-  2:55pm - 3:15pm FREE Refreshments
-  3:15pm - 4:00pm Police & Fire Services Talk: Home Safety

Friday 18 October from 2:00pm
Council Chamber, Horizon Centre
Broadland Business Park, NR7 0WF

North Norfolk

PositiviTea

Healthy Mind, Healthy Life | Men's Mental Health

Come along, chat & connect

Tuesday 8th October from 4pm-6:30pm

Coastal Health & Wellbeing by The Old Cottage Hospital,
Mill Road, Wells-next-the-Sea, NR23 1RF

Have a cuppa, chat with people, find out about support and local services. Free activities and refreshments provided!

Stands include SMI Smokefree Norfolk Enhanced Service, Integrated Care Coordinators, Together for Mental Wellbeing, Routes, Norfolk LGBTQ+ Project, Kooth, Norfolk Community Advice Network, It's On The Ball and many more...

Everyone welcome!

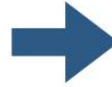
For more details please contact community.connectors@north-norfolk.gov.uk





North Norfolk Learning Disability Locality Group

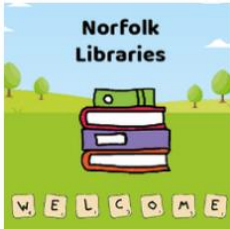
The North Locality group covers areas such as Aylsham, Cromer, North Walsham, Sheringham, Fakenham, Holt, Blakeney, and Wells Next-to-sea.



What will we talk about:



Sex and Relationships



Norfolk Library Services

Where is the meeting?

About With Friends,
22D Holt Road,
Cromer,
NR27 9JW

For more information email contact@norfolkldpartnership.org.uk

West Norfolk



West Norfolk Help Hub 5th Anniversary - Professional Networking Event

The West Norfolk Help Hub are holding another professionals networking event to celebrate the Help Hub's 5th anniversary on the 8th October 2024, 9am-12pm at the Discovery Centre, Kings Lynn. They have over 30 organisations that have requested a stand to highlight their service, and they still have a few more spaces so please get in touch if you are interested in having your own stand. Please help spread the word of this event for professionals to come along and network. This is open to any organisations, even if they are not already involved with Help Hub. The last event in April was heavily attended and was a great way to learn about local services and make new connections with other professionals. Of course there will also be cake!

Lisa Skinner, West Norfolk Help Hub Co-ordinator

Tel: 01553 616212

Lisa.Skinner@West-Norfolk.gov.uk

https://www.west-norfolk.gov.uk/info/20001/housing/730/west_norfolk_help_hub



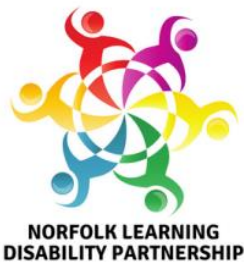
Compassionate Friends Skills Workshop

The Compassionate Friends Skills Workshop will be on Monday 21st October 2024 (10am to 12.30pm) delivered by Norfolk Hospice Tapping House.

We all know people who are going through a difficult time due to ill-health, care-giving, loss or bereavement. It is not always easy to know what to say or how to offer support. This free online workshop will help West Norfolk VCSE colleagues to build the skills and confidence needed to become a Compassionate Friend. To book a place or for more information contact office@communityactionnorfolk.org.uk. Places are limited and available on a first come first served basis. Do share with anyone who may be interested in attending.

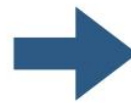
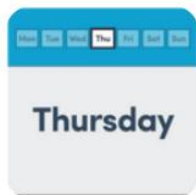
If you are interested in attending a face to face workshop at the Hospice, an online workshop on a different date/time, or organising and hosting a workshop at your own venue please see the link below. These workshops are aimed at anyone, whether working in a professional or voluntary role providing support, or as a friend or neighbour to someone effected.

<https://www.norfolkhospice.org.uk/compassionate-communities>



Kings Lynn & West Norfolk Learning Disability Locality Group

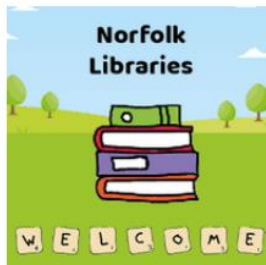
The Kings Lynn and West Locality group covers areas such as Kings Lynn, Wisbech, Hunstanton, Sandringham, Downham Market, and surrounding areas.



What will we talk about:



Sex and Relationships



Norfolk Library Services

Where is the meeting?

Parkview Resource Centre,
Birch Tree Close,
London Road,
King's Lynn,
PE30 5QD



For more information email contact@norfolkldpartnership.org.uk

Kind regards
Janine Hagon-Powley
Partnership Coordinator
NOPSP

Email: nospb@aol.co.uk
Answerphone: 07963 304015
Website: <http://www.norfolkolderpeoplespartnership.co.uk>
Have you seen our Facebook page?
<https://www.facebook.com/profile.php?id=100091329240994>

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



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