

South Norfolk Bulletin



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The hub bulletin is distributed on a bi-weekly basis. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:

earlyhelphubsouth@S-NORFOLK.GOV.UK

Edition

36

04/01/2019

Community Action Norfolk – Energy saving training for professionals



Do you work with people affected by low income or financial vulnerability?

Wish you knew more about the systems in place to help?

Community Action Norfolk can help you through the energy maze. We are offering training for frontline staff, volunteers and anyone who finds themselves helping others to understand what is available. The training will:

- explain what fuel poverty is and how to identify people affected by it
- provide information on health impacts of the cold weather
- suggest ways to save money on energy
- explain the benefits of switching (and how easy it is)
- highlight benefits and support available including Warm Home Discount and the Priority Services Register

We are holding the following FREE sessions:

- **South Norfolk District Council Offices** – Weds 16th January
10am – 11:30am

Or we could hold a session for your team. For more information about the sessions or to book a place please contact Freedom on 01362 698216 or freedom.duma@communityactionnorfolk.org.uk

Pick 'N' Mix Bitesize Learning



Pick 'N' Mix Bitesize Learning

Free information sessions
6:30pm - 9:00pm

How to get more volunteers and keep them
31 January, The Cock Inn, Diss IP22 4BE

CPR and defibrillator awareness
28 February, The Swan Hotel, Harleston IP20 9AS

How to set up a community group
28 March, The Crown, Costessey NR5 0EX

Promoting your group or activity
25 April, Queens Head, Wymondham NR18 0AR

Social media
30 May, Queens Head, Hethersett NR9 3DD

Funding options for community groups
20 June, The Old Feathers, Framingham Pigot NR14 7QB

Book your place at volunteering@s-norfolk.gov.uk
Find out more at www.south-norfolk.gov.uk/bitesize

Solihull Approach Refresher Training



Solihull Approach Refresher Training – South Norfolk Locality

The Solihull Approach is widely used in Norfolk with all Health Visitors and School Nurses trained in addition to training being delivered to our partner agencies so that we can all share similar language and ethos when working together with our families.

We are delighted to be able to offer two hour refresher sessions to staff who have previously attended the two day training programme. Details of the sessions are below.

There is **NO COST** for people to attend the refresher sessions however booking is required please email karin.bibby@nhs.net with your name, role and confirmation of when you completed your initial training.

We look forward to hearing from you.

Dr Bryony Wallis, Clinical Psychologist and Solihull Training Lead

Date: FRIDAY 18/1/19

Venue: WINDMILL – LARGE MEETING ROOM Windmill Surgery, Wymondham

Timings: 1330-1600

Additional Information: There is limited parking available at the venue.

Date: Thursday 14/2/19

Venue: WINDMILL – LARGE MEETING ROOM

Timings: 09.30-12.30

Additional Information: There is limited parking available at the venue.

Date: TUESDAY 26/3/18

Venue: COLMAN ROOM, SOUTH NORFOLK DISTRICT COUNCIL, SWAN LANE, LONG STRATTON, NR15 2XE

Timings: 1230-1530

Additional Information: There is limited parking available at the venue.

Wellbeing – Exam Stress Workshop for Year 11 plus



Exams coming up? Feeling overwhelmed?

Our online workshop 'Successful Study' can guide you through exam stress, understanding the study trap and ways to manage.

The programme is written for anyone who is undertaking study whether it be GCSEs, A Levels or Further Education, however the content will benefit any student regardless of age and level of study.

How: Online webinar for Norfolk and Suffolk
When: running fourth Monday of every month
At: 5-6pm
For: Year 11 and above
For more information:
<https://www.wellbeingnands.co.uk/courses>



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Wellbeing Norfolk and Waveney and Wellbeing Suffolk are partnerships of NHS and voluntary organisations working together to offer a wide range of support for low mood, anxiety and depression.

• Norfolk and Suffolk NHS Foundation Trust • VoiceAbility • Suffolk Young People's Health Project (4YP) • Relate • Shaw Trust
• Suffolk Family Carers • MTCIC • Great Yarmouth and Waveney Mind • Norwich and Central Norfolk Mind • West Norfolk Mind

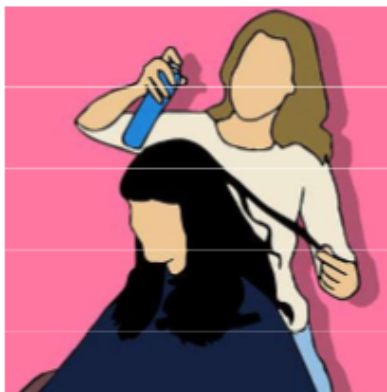
We work together to deliver a range of support interventions for people of all ages with low mood, anxiety and depression. For more information about who we are see: www.wellbeingnands.co.uk/about

Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk, West Norfolk, Ipswich and East and West Suffolk Clinical Commissioning Groups.

Domestic Abuse Training for Hairdressers and Beauty Therapists



Norwich Domestic Abuse Training, for Hairdressers and Beauty Therapists



In the UK:

1 in 4 women experience domestic abuse

2 women are murdered a week, and 3 women take their own lives

1 in 6 men experience domestic abuse

Many of these women and men will open up to you! They might tell you information that they wouldn't tell their friends. Do you know what to do or say if they disclose domestic abuse? Would you recognise nonphysical abuse?

This **free** training, aims to provide basic awareness around domestic abuse, with tips on how to help someone stay safe.

Where:

Blackfriars Hall, St Andrews Hall, Norwich, NR3 1AU

When:

Monday 11th February. Doors at 6pm for a 6:30pm start. Finishes at 8pm. *With free nibbles and drinks.*

Parking:

There are lots of car parks nearby: St Andrews, Duke Street, Monastery are the closest

***** Please email da.change@norfolk.gov.uk to book a place*****

Princes Trust Programme- Theatre



**Get Started**

Theatre

The Norwich Theatre Royal

LEARN NEW SKILLS AT THE THEATRE ROYAL NORWICH

Are you 16-25? Not in Education, Employment or Training?

The Prince's Trust, in partnership with The Norwich Theatre Royal, are offering a FREE one week training course which gives you a fantastic opportunity to go behind the scenes of their theatre

Programme:	Monday 4th February - Friday 8th February 2019
Location:	The Norwich Theatre Royal
Interviews:	W/C 21st January 2019



- Work with professionals to experience the different aspects of Theatre
- Work towards 2 AQA Unit Awards in:
Introduction to Drama, and Developing Social and Communication Skills in Group Work
- Learn skills in Backstage, Make-up, Costume Design, Marketing, Lighting and more
- See what it would be like to work behind the scenes at The Norwich Theatre Royal
- Enjoy a fun week Improving your Teamwork, Communication Skills and Confidence
- Doesn't affect your benefits & travel expenses paid on programme (or by your Job Centre)
- Receive 3 months support after the programme

LIMITED PLACES AVAILABLE

To join the course or find out more:

Call for Free on 0800 842 842



**YOUTH
CAN
DO IT**

Independent Living Skills – Free courses for people aged 19+ with learning disabilities

 **Norfolk** County Council
Community Learning Services



Independent Living Skills

FREE Courses

Courses for
people aged 19+
with learning
disabilities



To find out more, contact:
[independent.living.
skills@norfolk.gov.uk](mailto:independent.living.skills@norfolk.gov.uk)

01603 306530



Available at various locations countywide



Independent Living Skills – Free courses for people aged 19+ with learning disabilities – Continued...

Enhancement Programme

A personal development programme offering the following choices:

- Get Fit/Healthy
- Get Independent in your Everyday Life
- Get Creative
- Get Moneywise
- Get Volunteering
- Get Confident
- Get Cooking
- Get Online

We also offer Keep Fit with Gentle Exercise

These FREE 2.5hour sessions will run for 10 weeks.

Morning sessions run from:



to



Afternoon sessions run from:



to



All of the above programmes are available countywide.



Email: independent.living.skills@norfolk.gov.uk



or call:

01603 306530 for more information

Level 2 Certificate Supporting Teaching and Learning



Interested in working with children? Join our Level 2 Supporting Teaching and Learning course, a nationally recognised Level 2 qualification for Teaching Assistants in Schools. The course is free if you are in receipt of means tested benefits and earn under £15,736.50 per year. You must be volunteering or employed in a school to complete the course.

Information session: Monday 14th January 2019
Course runs every Monday starting 4th February 2019
Time: 12-3pm (18 weeks)

At Harleston Information Centre
8 Exchange Street, Harleston, Norfolk, IP20 9AB

For further details please contact Lucy Marjoram
on 01379 851920.



Harleston Information Plus, 8 Exchange Street, Harleston, Norfolk, IP20 9AB
The Harleston Information Plus Charity Number 1146735

Level 1 Childcare course (beginners)



Level 1 Childcare (beginners)

The course is aimed at anyone interested in working and caring for young children. You will learn about growth and development, practical health and safety, respecting children and craft activities for young children.

This is an 8 week course.

Free if you earn under £15,736.50 per year.

EY1CB1118Z

Info session: Tues 15 January, starts 22 January 2019

9.30am to 12noon

Diss Church, Vines Road, Diss, IP22 4HG

EY1CW1518Z

Info session: Tues 8 January, starts 15 January 2019

12.45pm to 3.15pm

Providence St Community Centre, King's Lynn,
PE30 5ET

To book your place, visit the website:

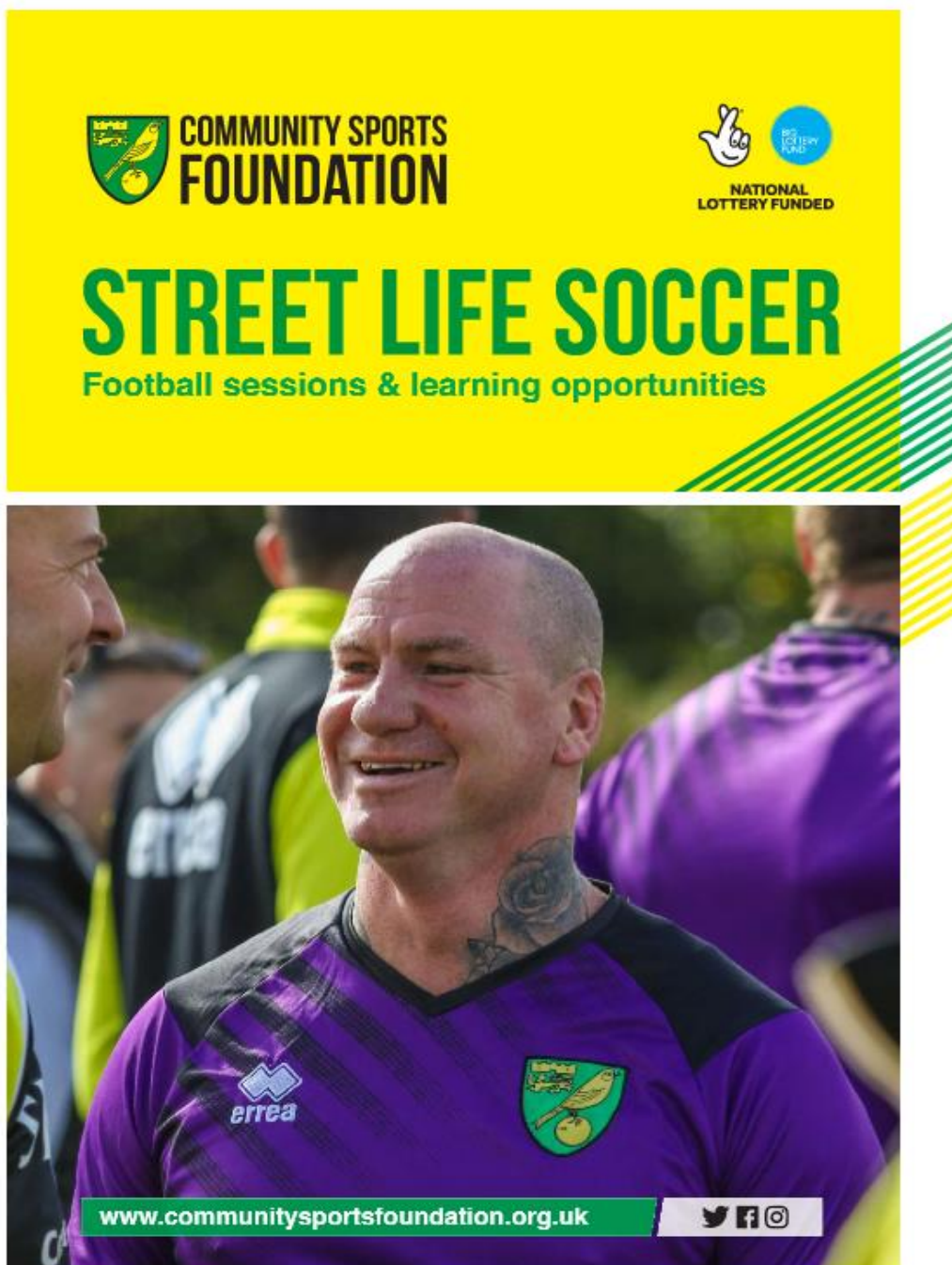
www.norfolk.gov.uk/adultlearning

or call: 0344 800 8020



You know
where
to turn

Street Life Soccer – coming to Long Stratton!



The poster is divided into two main sections. The top section has a bright yellow background. On the left, there is a green shield logo with a yellow bird and the text 'COMMUNITY SPORTS FOUNDATION' in bold black letters. On the right, there is a white hand icon with a blue circle containing the text 'NATIONAL LOTTERY FUNDED'. Below these logos, the title 'STREET LIFE SOCCER' is written in large, bold, green capital letters. Underneath the title, the subtitle 'Football sessions & learning opportunities' is written in a smaller, green font. The bottom section of the poster features a photograph of a middle-aged man with a shaved head and a tattoo on his neck, smiling. He is wearing a purple sports jersey with a green shield logo on the chest and the 'errea' brand name. The background of the photo shows other people in similar purple jerseys. At the bottom of the poster, there is a green bar with the website address 'www.communitysportsfoundation.org.uk' and social media icons for Twitter, Facebook, and Instagram.

COMMUNITY SPORTS FOUNDATION

NATIONAL LOTTERY FUNDED

STREET LIFE SOCCER

Football sessions & learning opportunities

www.communitysportsfoundation.org.uk

errea

Twitter Facebook Instagram

Street Life Soccer – coming to Long Stratton! Continued

Free sessions · Learning opportunities with accredited qualifications ·
Great atmosphere · Kit reward scheme · Tournaments · FA-qualified coaches

VENUES AND DATES

MONDAYS 10AM - 12PM

Norwich - Carrow Park

WEDNESDAYS 1PM - 3PM

Norwich - Carrow Park

Academy Group

The chance to represent the club's programme against similar representative teams will be available for regular attendees who show the required attitude and desire to progress.

THURSDAYS 2PM - 4PM

Long Stratton - Leisure Centre

PRISON SESSIONS

Inmates only

Wednesdays 9am - 12pm

HMP Norwich

Tuesdays 9am - 11pm

HMP Wayland



“The Foundation has helped me change my life for the better by getting me fitter, giving me a better routine, and building my confidence.”

Brian Cook
participant

BOOK NOW!



INFO@COMMUNITYSPORTSFUNDATION.ORG.UK



01603 761122



VISIT THE CSF OFFICE

Follow us on: @NorwichCityCSF communitysportsfoundation norwichcitycsf

Norwich City Community Sports Foundation, Norwich City FC, Carrow Road, Norwich, NR1 1JE
www.communitysportsfoundation.org.uk / 01603 761122 / Registered charity number: 1088239

Living with brain injury or stroke?



Join us for 3 sessions, exploring:

- The effects of brain injury
- Practical tips and strategies
- Advice and support

For people affected by brain injury, come along
and meet other people experiencing similar
situations

FREE programme with refreshments

When: Weekday

18th January 2019

25th January 2019

1st February 2019

Where:

Charing Cross Centre,

19 St John Maddermarket,

Norfolk,

Norwich,

NR2 1DN

Time: 1:30-3:30pm

Book your place: Contact Angela on **07780439060**
or email angela.page@headway-nw.org.uk



Headway Norfolk and Waveney



@NorfolkWHeadway



@headwaynorfolk

Baby Yoga Course- Wymondham and Leisure Centre Timetable – Long Stratton



Thursday 10 January from 1 – 2pm - Wymondham Leisure Centre

Suitable for babies from five weeks to 12 months. £50 for a six week course.

To book call 01953 607171

Wymondham Leisure Centre

[Long Stratton Leisure Centre](#)

New class timetable at Long Stratton Leisure Centre:

https://www.south-norfolk.gov.uk/sites/default/files/Long_Stratton_Class_timetable_2019.pdf?fbclid=IwAR1OZRMKdGbChptZ_FjyhJZjtPnyC54vnkuQpmy_BHFiBuFJQ-pUj1Xwvvq

Membership at all leisure centres are buy 11 months – get one free.

Free swimming at Riverside Leisure Centre, Norwich



Get Set to **GO** at Riverside Leisure Centre

Improve your mental health through physical activity!

Free Access to the beautiful swimming pool, health suite and steam room.
Have a swim and stay for a chat with our volunteers.

Not sure if this is for you?
Contact Paola at
gstg@norwichmind.org.uk
www.norwichmind.org.uk

Registered charity no. 1118449

From 9th January
to 27th March 2019
every Wednesdays
from 2.30pm to 3.30pm
and from 7.30pm to 9pm

Edith Cavell Day Centre - Swardeston

Volunteers

Volunteering at the day centre is a very worthwhile and rewarding way to be involved with your community.

You may wish to serve refreshments, or help with food preparation. You may also wish to help with fundraising or driving

One of the best ways you can help is simply chatting to people. The day centre can be the main form of contact for some people and they love to talk! You can also encourage everybody to participate in activities

We always welcome volunteers, please contact us for more information.

Edith Cavell Day Centre

Lakenham-Hewett Rugby Football Club
Main Road
Swardeston
Norwich NR14 8DU

Tel: 01508 578826
Email: info@ecav.co.uk

Registered Charity No. 1065872

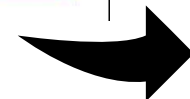


Edith Cavell Day Centre



Please contact Liz or Julia on:

01508 578826
www.ecav.co.uk



Edith Cavell Day Centre – Swardeston – Continued...

About us

The Edith Cavell Day Centre was started in 1986 to meet the needs of older people living in the community. It is held at the Lakenham-Hewett Rugby Football Club on the Main Road in Swardeston and is a registered charity.

Our aim is to improve the lives of older people in a safe and caring environment. We also offer them, their families and carers, much needed support to enable them to continue living in their own homes.

We provide a welcome and sociable environment for people to meet, involve themselves in activities. We also provide an opportunity for carers to have a break.

The Day Centre is open on Mondays, Wednesdays and Thursdays from 10 am to 3 pm. We have two qualified managers, two kitchen staff supported by many talented volunteers.

A Typical Day

One of our volunteer drivers will collect you from your home at about 9.45 am if required and will give any help necessary. On arrival at the Centre you will be greeted and made comfortable. Tea, coffee and biscuits will be served.

The mornings are spent informally with the opportunity to join in a game or quiz, chat, knit or read the newspaper.

At 11.45 am sherry or a non-alcoholic drink will be served and this is followed by a 2-course freshly cooked hot meal. Special diets are accommodated.

After a quiet period various stimulating activities or entertainment take place. At 2.30 pm a hot drink is served before going home.

Other services available include therapeutic hand care and a hearing aid clinic. A footcare specialist attends regularly – there is a charge for this service.

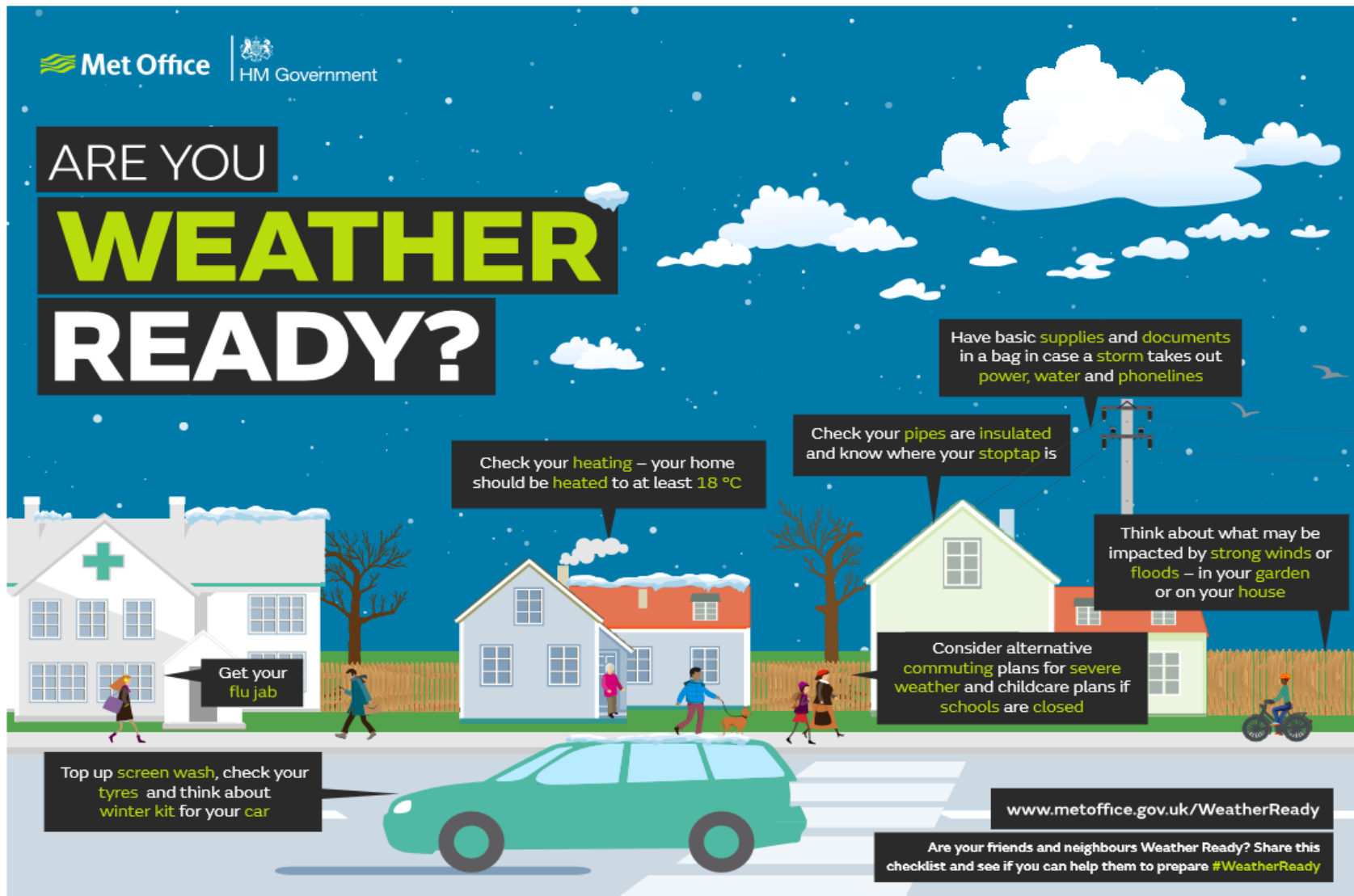
Activities

Each day will have a wide range of different events and these are usually something that may exercise your mind or even your body! Nothing will be too strenuous, and we try to make sure that you will have a different experience each time.

They include: Exercises to music, crafts, informal services led by local clergy, reminiscence sessions, musical entertainment, quizzes and outings plus much more!



Met Office- Winter Weather Ready



Met Office- Winter Weather Ready Continued...

The campaign overall

- Prepare your property and vehicle ahead of winter, and take responsibility for your own safety.
- Be aware of the latest weather forecasts and warnings from the Met Office and be prepared to alter your plans in times of severe weather. Listen to local radio for updates during times of bad weather.
- Check on the elderly and more vulnerable in your community and check on the safety of your neighbours in the case of an emergency.

Help communities

- Keep an eye on vulnerable members of your community this winter: check on them in times of severe weather; discourage them from going outside when it's icy; help them with errands/shopping if possible.
- Cold weather affects the health of the elderly and those with pre-existing health conditions. Snow and ice can result in slips and falls, and cold temperatures can affect circulation and breathing-related issues, which can be fatal. Keep an eye on those who might be vulnerable and ensure they are well looked after and warm.

Keep warm, keep well

- Cold weather brings with it bugs and viruses, many of which can be safely managed yourself.
- Keep warm and well this winter by taking steps to stay healthy, and prepare for potential illness, especially if you (or your loved ones) suffer from asthma, CoPD or other illnesses where sudden drops in temperature can affect health.
- Call 111 if you are concerned and want medical advice.
- Flu vaccinations are available free of charge to certain groups of individuals.

Protect your home and business

- Be prepared for bad weather, especially if you are at risk of flooding.
- Take preventative steps to protect your home and business ahead of the winter, your property is your responsibility.
- In case of bad weather or power cut, prepare a 'grab bag' of basic supplies including bottled water, medication, blankets, torches, batteries, key information and documents – don't forget that your smartphone may not work in the event of a power cut.
- Prepare a Business continuity plan so your business is prepared for potential weather disruption
- Call 105 in the event of a power cut.
- Consider backup childcare plans in case of school closures

Travel advice

- Check weather information before travel. Being informed is the best way to minimise disruption to your plans and to know if you might have to avoid travelling.
- Driving in hazardous conditions can be challenging, familiarise yourself with our dedicated pages on driving in the rain, snow and ice.
- Keep up to date with vehicle maintenance during the winter. Your vehicle is your responsibility. Have it serviced and check it before taking long journeys.
- When travelling – by road or rail - in potentially bad weather, prepare for the unexpected by packing a survival kit should you be stranded somewhere.



Met Office- Winter Weather Ready Continued...

10 Step winter readiness checklist – final content TBC and in depth info provided on website.

1. Get your flu jab
2. Top up anti-freeze screen wash, check your tyres and think about winter kit for your car.
3. Consider alternative commuting plans for severe weather and childcare plans if schools are closed.
4. Check your heating – your home should be heated to at least 18 °C
5. Consider how you would access vital information if a storm takes out power and phonelines
6. Think about what may be impacted by strong winds or floods – garden items, guttering, pipes, roof tiles/slates, items stored on your ground floor.
7. Check your pipes are insulated and know where your stoptap is.
8. Make sure you have basic supplies in case you have to leave home quickly or your power and water are disrupted.
9. Share this checklist with your neighbours, see if they have any other tips and tell them if you can help in severe weather.
10. Find out what else you can do to help your community prepare for severe weather.

[link to this page with more detailed information:

<https://www.gov.uk/government/publications/preparing-for-emergencies/preparing-for-emergencies>]

PING! – In the Community – Pop up Grant



Following the success of PING! in South Norfolk which saw 4 permanent table tennis located in the district, we are delighted to announce a new pop-up grant - **Ping! in the Community**.

Funding of £100 is available towards the cost of a table tennis package costing £200. This grant is available to community groups district wide, enabling them to purchase a complete kit including indoor table, bats and balls and resources to help set up a regular group.

Table tennis is a great way to bring people together, it's fun and physical and suitable for all ages. Details of the grant is on our website <https://www.south-norfolk.gov.uk/residents/communities/community-grants>

Spark Project – Job Service



**ARE YOU
UNEMPLOYED?**

**DO YOU
LIVE IN**

NR14, NR15, NR16,
NR17, NR31, NR32,
NR33, NR34, NR35,
IP18, IP19, IP20,
IP22, IP23 ?

**WE CAN HELP
YOU WITH**

- ✓ Job application support
- ✓ Business development support
- ✓ CV writing support
- ✓ Job interview coaching
- ✓ Job search support
- ✓ Work placement access support

SPARK EMPLOYMENT ACCESS SUPPORT PROJECT
By Norfolk Centre for Social Development

  **European Union**
European
Social Fund

 **South Norfolk**

074 8287 7930
spark@norfolksocialdev.org
www.norfolksocialdev.org/project/spark

Improving Information and Advice



Norfolk County Council

Improving Information and Advice

Purpose

- An opportunity for community workers and partners to meet, learn and contribute to several initiatives designed to help people make informed choices and live more independent lives within the community.
- Enable discussion and contribution to Norfolk County Council's proposed information and advice strategy
- Introduce Promoting Independence including Living Well along with Social Prescribing and Combatting Loneliness and Social Isolation. These initiatives are looking at how we can help people live more independent and fulfilling lives within their own homes and communities.
- Introduce the Norfolk Community Directory and how it can be used to help people find local resources and support and how you can help with its development going forward.



**NORFOLK COMMUNITY
DIRECTORY**

Details as follows:

Date: 11 January 2019

Time: 10:00am – 1:00pm

Venue: Council Chambers, South Norfolk Council, South Norfolk House, Cygnet Court, Long Stratton, Norwich, Norfolk NR15 2XE

Numbers will be limited, we would be grateful if attendance could be confirmed **via email to** gail.harvey@norfolk.gov.uk

We would appreciate it if you could forward this invitation onto your colleagues who may be interested in attending.