

South Norfolk Bulletin



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The hub bulletin is distributed bi-weekly. 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

39

15/02/2019

Pick 'N' Mix Bitesize Learning



Pick 'N' Mix

Bitesize Learning

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

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

Healthy Habits for Your Head – Long Stratton Children's Centre



Community Learning at
Long Stratton Children's Centre
Manor Road
Long Stratton

Healthy Habits for Your Head
Monday 4th March - taster session
Followed by a 4 week course
1:15pm to 3:15pm

Join a free fun course to improve your skills

You will have the opportunity to:

- discover the 5 Ways to Wellbeing
- explore simple, practical ways to improve or maintain your mental health
- have fun and meet new people

To book a place fill a form in at:

Long Stratton Children's Centre,

Or email: christine.flude@norfolk.gov.uk

Mobile: 0777 6474 491

Customer services: 0344 800 8020



Skills Funding
Agency

www.norfolk.gov.uk/adultlearning



@NorfolkCLS



Norfolk Community Learning Services



European Union
European Social Fund
Investing in jobs and skills

Embracing New Beginnings – Dementia Day, Swardeston



Making friends with Dementia project
is a charitable initiative of **Mangreen Trust**

in association with the **Forget-me-Nots**
and supported by



Embracing New Beginnings



a community day of workshops and conversations

Tuesday 5 March 2019

9.30am – 3.30pm

Join us to enjoy these talks and workshops:

Christine Herbert **Using diet and natural medicine to ameliorate dementia**

Mycal Miller **'Memory Disco': music as a trigger to un-block memory**

Danuta Lipinska **Sowing the seeds of Self-Care and New Growth**

Angela Sellens Drake **Some simple self-help reflexology to start every day**

Cost £20 includes refreshments & Mangreen's healthy lunch

**We have some supported places available
if you're bringing someone who has a dementia diagnosis**



Contact: Mangreen Trust, Swardeston NR14 8DD

01508 570444

events@mangreen.co.uk

Signs of Safety 2019 Development Sessions



Norfolk County Council

These sessions are open to all Partners who would like to know more about the Signs of Safety approach

The sessions will run from 15:30 to 17:00

Venue: South Norfolk District Council Offices, Cygnet Court, Long Stratton

If you have a venue available, so the session could be run more locally to you please get in touch....

Monday 25 February	Wishes and Feelings <i>Various tools to help you ensure a child's voice is heard</i>
Tuesday 2 April	Words and Pictures <i>Child friendly plans to fully involve every member of the family</i>
Thursday 9 May	Closures <i>Worry statements, goals and scaling</i>
Monday 17 June	Wellbeing/safety planning <i>Shorter term and long-term wellbeing/safety planning</i>
Wednesday 25 September	Wishes and Feelings <i>Various tools to help you ensure a child's voice is heard</i>
Tuesday 19 November	Genograms <i>What is included in one and why is it so important?</i>

**Any questions or queries please don't hesitate to contact us on
01508 533933**

To confirm you place, please email:
cs.earlyhelp.south@norfolk.gov.uk

Don't Forget the Kids Support Group- Diss



Starting 4th February 2019

We are a safe and informal voluntary support group for children and their families whose parents/carers are living with Cancer.

Our aim is to provide weekly a range of innovative activities including toys, arts, crafts and games that encourage our users to express their feelings and have quality time together and share their experience with others.

We ensure that our users (i.e. the children and parents) are offered healthy nutritional snacks during the support group.

Please feel free to come along.

Monday (excluding Bank holidays), 5-7 pm

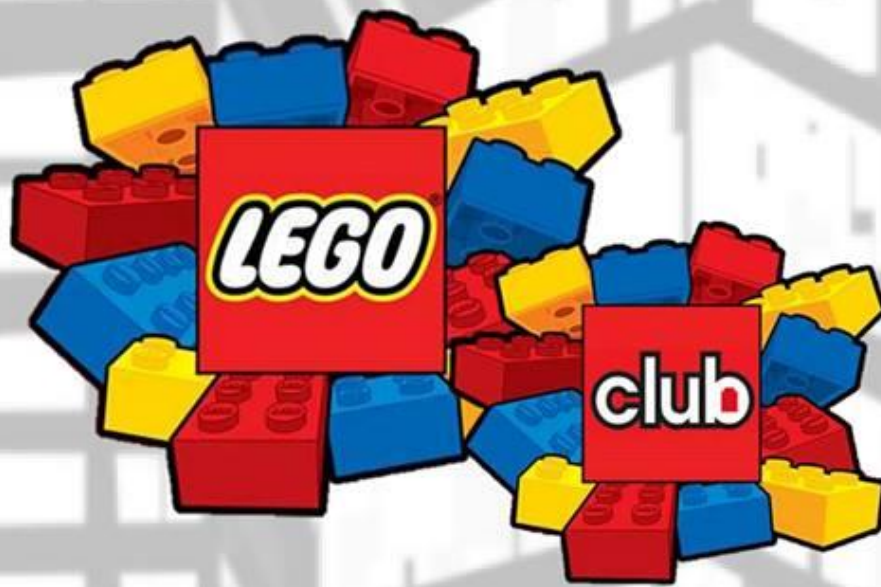
Venue: Hope Church, Vince's Road, IP22 4HG, Diss, South Norfolk

For more information please contact:

Suzi and Andrea M: 07576849005 E: dftknorfolk@gmail.com

LEGO club at Costessey Library

Costessey Library



Mondays

3:15pm - 4:15pm

This is a free event but donations are welcome to improve club resources.
Suitable for children aged 5 and over



Norfolk
County Council

Meet up Mondays – Bungay

**Meet
Up
Mondays™**

THE FISHER THEATRE

10 Broad Street,
Bungay
NR35 1EE

01986 897130

Don't Be On Your Own



www.MeetUpMondays.org.uk



@MeetUpMondays



@MeetUpMondaysSu

Join us on **MONDAYS**

between **11 am - 1 pm** from 11th February

Do you feel like the weekend has dragged?

Are you fed up with your own company?

Maybe you are new to the area?

You are invited to come along & enjoy

a free cuppa & some friendly chat.

#dontbeonyourown

Hingham Tennis – February Half Term Sessions



February Half Term Tennis Sessions

This February Half Term we are running 3 Junior Tennis Sessions for set age groups at Hingham Tennis and Wymondham Tennis Club.

Day	Time	Activity/ Venue	Age	Cost	
				Member	Non-Mem
Monday 18th Feb	10am-12pm	Mini Tennis Red Indoor Hingham	5-8 years	£4	£6
Tuesday 19th Feb	10am-12pm	Mini Tennis Orange Hingham	8-10 years	£4	£6
Thursday 21st Feb	9.30am-3pm	Tennis Fun Day Wymondham	6-13 years	£16	£18

The sessions are a combination of coaching, fun games and matches.

****If your child enjoys the session and would like to join our weekly coaching receive 25% off the fees for the remainder of term****

To book your child a place on any of the days please email SamHowletttennis@Yahoo.co.uk or call 07919 405752. Alternatively fill out the attached slip.

Childs

Name.....

Age.....

Parents

email.....

Contact no..... Emergency

no.....

Medical

Conditions.....

.....

Please circle sessions to attend: Monday

Tuesday Thursday

Please return form and payment (cheques payable to Sam Howlett) to:

Sam Howlett, 6 Albini Way, Wymondham, NR18

0UJ



Harleston Information Plus & Better Together Norfolk – Coffee Morning in Ditchingham



Tuesday 19th February

At the

Village Hall, **Ditchingham**

10-12midday

This is a free, social get-together for local residents, with tea, coffee and cakes. Everyone is welcome to come along to meet with your friends and neighbours.

We are working on behalf of the Norfolk County Council funded Better Together project, to bring people together to chat, have fun and learn more about what goes on in their area.

Harleston Information Plus staff and volunteers will be available to offer information about services, activities, volunteering opportunities and much more.

Please do join us



Home Start Norfolk – Volunteer Preparation Course



COULD YOU... **Help us to support families in your area?**

Time to spare? Parenting experience?
Perhaps you could become a Volunteer.
Volunteers come from all walks of life. They are recruited for their friendliness,
practical approach and understanding and are matched with families
after completing a volunteer preparation course.

Is this you?

Our next course starts on:
Thursday 7th March 2019, 09:30 to 14:30
Tivetshall Village Hall, Green Lane, Tivetshall St Margaret, Norfolk, NR15 2BJ
This course will run on consecutive Thursdays for 7 weeks (TERM TIME ONLY)

If you are interested we would love to hear from you.
Please contact us on: 01603 977040 or admin@homestartnorfolk.org

Home-Start Norfolk offers, support, friendship and practical help to parents with young children across Norfolk

Registered Charity no. 1106362

Jobs Club

Harleston
information *plus*

comes to Ditchingham



Tuesday 19th February, 10am-12pm

Harleston Jobs Club will be bringing their service
to **Ditchingham Village Hall**.

Drop in for employment support, everyone welcome.

All our services are free and confidential

Funded by



Phone: 01379 851920

E: jobsclub@harleston-norfolk.org.uk

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



Emotional Wellbeing Event

Norwich & South Norfolk CHILDREN & YOUNG PERSON EMOTIONAL WELLBEING EVENT

This FREE event is open to anyone working with children or young people affected by mental health within Norwich or South Norfolk.

It is an opportunity to network with organisations that support mental health and wellbeing, and will be a chance to get better equipped with the knowledge you need to signpost children and families with confidence.

This event is an informal marketplace of information stands. You can drop-in anytime during the times specified below and speak to any service you wish.

Booking is essential.

WEDNESDAY
MARCH 13

4:30PM - 6:30PM
Long Stratton High School
Manor Road, NR15 2XR

To confirm your attendance,
or if you have any questions,
please email:

luke.keegan@norfolk.gov.uk



Luke Keegan,
Partner & Community Focus,
Children's Services



Norfolk
County Council

South Norfolk on Show 2019



South Norfolk on Show is back and better than ever!

Our annual free celebration of South Norfolk returns to Long Stratton

30th June 2019

Gates open 11am - 4pm

Show case your service to over 5,000 visitors on the day.

To mark our 10th Year the event theme for 2019 will be **Health and Well-being and Creativity**. We particularly welcome stall holders showcasing services or activities that fit with this theme.

As this is a free family day out we ask that all stall holders to create an inviting stand which offers some interactive fun activities to engage with visitors.

Applications

Please complete and return the stall holders application form <https://www.south-norfolk.gov.uk/onshow> deadline for submissions April 1st We welcome applications from stall holders representing local community groups and special interest groups who promote creativity for well-being.

Diss United Reformed Church February Events



Sat. 2nd Feb. 10-12am Messy Church: A fun morning of activities around a theme from the Bible. This time “Calming the Storm”. Activities include making a ship in a bottle, a model boat, peace pillows, an enormous boat out of cardboard boxes and a collage. Then a time of reflection and prayer and a light lunch. There is no charge, but donations will be accepted.

Wednesday 6th. 10am-1pm The Dove Dementia Cafe. For people with dementia and their carers. A time to meet friends, chat and share in activities to suit interests wherever possible. This is followed by a light lunch, home-made soup followed by cake and fresh fruit. Trained volunteers. No charge.

Wednesday 13th 10am-12.30 The Pabulum Cafe for people with dementia and their carers. Similar to above but run by Age UK

Monday 18th. 1.30-3pm Dove Song: A new therapeutic singing group for people living with Parkinsons, after-effect of a stroke, or dementia. Led by a trained music therapist. Followed by a cup of tea/coffee and chat. No charge.

Thursday 21st. 1.30-.30pm Exploring the Bible. A lively, interactive group, this time looking at the Women in the New Testament. In the Lenton Room at rear of church.

Every Friday 9.30-12. The Welcome Cafe, open to all and very popular for it's freshly baked cheese scones, home-made cakes for sale, second hand books and sales table. Lots of opportunity to chat and make new friends.

Sunday 24th February: 10.45am Our Sunday service with hymns, prayers, interesting and helpful sermon followed by refreshments and chat.

For more information of regular hirings of the church, please go to www.dissurc.org.uk



South Norfolk **COMMUNITY AWARDS** 2019

Say **thank you** to local volunteers in your community

Nominate a shining star for a **South Norfolk Community Award** and they could be in with a chance to receive £250 for a charity or community group of their choice.

Award categories are:

- | | |
|---|---|
| ★ Volunteer of the Year | ★ Community Fundraiser of the Year |
| ★ Young Volunteer of the Year | ★ Environmental Champion of the Year |
| ★ Community Group of the Year | ★ Business Community Champion of the Year |
| ★ Lifetime Community Hero | |
| ★ Community Wellbeing Champion or Group of the Year | |

Nominate today at:
south-norfolk.gov.uk/champions
or call: 01508 533945

Your Voice in South Norfolk
(Formerly South Norfolk Older People's Forum)

Your Voice in South Norfolk

Formerly South Norfolk Older People's Forum



New members will always be welcome

Next meeting

Wednesday 20 March

at

10 am for coffee for 10.15 am start

At Hope Church, Vines Road, Diss, IP22 4HG

Main topics of the meeting will include :

Rosedale Funeral Home Bereavement scheme and all you need to plan for a graceful end of life yourself

Diss area Community Connector on Social Prescribing for your wellbeing

Contact Care from Saffron Housing with their stand where you can find out about their alarm system and other useful ideas

Time will be allowed for the usual question and answer session after each talk

If you find it difficult to get to the meeting, free transport could be available from where you live. To take advantage of this please call Malcolm Court on **01508 570461** by **5pm on 11 March**

The meeting is expected to close by **12.30**

Suicide Prevention Networking Morning - NSFT

A suicide prevention networking morning between the Norfolk and Suffolk Foundation NHS Trust's (NSFT) Adult services of Central Norfolk and third sector organisations will take place on **Wednesday 20th March 2019, 09:30 - 13:30** at the Kings Centre, King Street, Norwich.

The focus of the morning will be suicide prevention and this is an important opportunity for third sector and voluntary organisations to learn about what the clinical teams do and begin to talk about how they can work together to improve patient safety. The discussions will be informed by areas of learning identified by the patient safety team.

There will be clinical representatives from each of NSFT's Mental Health Service across Central Norfolk.

We would very much value your attendance and input at this event, if you are able to send a representative from your teams we would also be grateful.

Please confirm your attendance to **Liz Howlett** (Suicide Reduction Plan Implementation Lead) by email - Liz.Howlett2@nsft.nhs.uk by the **1st March**

One Call Away



**Gypsy / Traveller
Depression / Suicide
Confidential Support**

You can call, text or WhatsApp

Mark: 07393 561 735

Caroline: 07748 997 617

Asist Trained - Adult MHFA

*We Are Here To Listen, Support And Talk With You
About Depression, Suicidal Thoughts, Self Harm
And Anxiety All In Complete Confidence*



One Call Away



H.O.P.E

Hold On, Pain Ends



Raising a relative or a friend's child?

Are you a guardian, Special Guardian or kinship carer? Are you thinking of taking on the care of a grandchild?

Call our advice line on 0300 123 7015
www.grandparentsplus.org.uk



Grandparents Plus – Raising a relative or a friend's child?

Continued

Grandparents Plus advice service provides:

- Free, comprehensive advice on welfare benefits and other sources of financial support.
- Independent advice and information on a wide range of other issues including
 - employment
 - housing
 - education
 - disability
 - parenting and
 - legal options.
- Someone Like Me telephone peer support service, giving you the chance to speak to others in a similar situation.

Call 0300 123 7015 or email
advice@grandparentsplus.org.uk

Open Mon - Fri 10am - 3pm.
Translation service available.
www.grandparentsplus.org.uk



Bitesize Learning- Fund Day



Fund Day

Bitesize Learning

Saturday 9 March 2019, 9.30am – 1pm
Hempnall Village Hall, Bungay Road, NR15 2NG
To register your interest visit south-norfolk.gov.uk/bitesize

Free workshop to find out what funding is available for your community group or project.



Women First Fund

“We are inviting applications for projects that demonstrate good practice in achieving outcomes for women on low incomes by building their skills, confidence and aspirations to enable them to enter into employment.

The fund is open to charities, social enterprises and other non-profit organisations who have projects that support our mission of enabling women to become financially resilient. Please note, we are looking to fund existing projects that show evidence of good practice.

In this funding round we are prioritising applications from:

Greater Manchester

Newcastle, Teesside and other parts of the North East

Hull and Humberside

Leeds and Bradford

Sheffield

Merseyside

Rural communities in Kent, Cornwall, Cumbria, Dorset and Norfolk

Organisations can apply for grants of £10,000 to £15,000. We expect to award 10 -15 grants in this round.

For further information about eligibility and how to apply please visit

<https://www.smallwoodtrust.org.uk/women-first>

The deadline for completed applications is 5pm on Monday 4th March 2019.

The successful applicants are expected to be notified in May 2019.”

PING!

IN THE COMMUNITY GRANTS



SOUTH NORFOLK COUNCIL ARE OFFERING GRANTS OF £100 TOWARDS A £200 PING! PACKAGE.

Whats included:

- An indoor table tennis table
- 10 bats,
- 72 balls
- and resources to help promote your table.



For more information and to apply for a “Ping in the Community” grant, visit south-norfolk.gov.uk/community-grants



Some-PING! *is happening in* SOUTH NORFOLK



Play table tennis for **FREE**
in South Norfolk at:

**THE MEMORIAL PLAYING FIELD, HETHERSETT
MULBARTON VILLAGE HALL
PORINGLAND COMMUNITY CENTRE
HARLESTON LEISURE CENTRE**

Find out more at:
south-norfolk.gov.uk/ping

**BAT AND
BALLS
PROVIDED**

