

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

45

10/05/2019

Narcotics Anonymous – Open Event



**Narcotics Anonymous
Public Information Open Event for Professionals
Friday 7th June 2pm - 4.30pm**

Norwich Central Baptist Church, Duke Street, Norwich, NR3 3AP

We are writing to invite you to a free training and information event designed to increase awareness of Narcotics Anonymous (NA). Since your organisation may interact with people with substance dependence, we believe it may be useful for you to be aware of Narcotics Anonymous as a community resource.

The Local Services Subcommittee of the Norfolk and Suffolk Area of Narcotics Anonymous are hosting this event, which will include:-

- a short presentation about the basic principles of NA and how it works,
- information about local NA meetings,
- an opportunity to observe an NA meeting and meet members of Narcotics Anonymous
- a question and answer session,
- light refreshments.

**Limited places for this event will be allocated on a first come, first served basis.
Please respond by email to lsc.nasa@ukna.org
for more information and to book your place.**

What is Narcotics Anonymous?

NA is a member-driven, international organisation in which no dues or fees are charged for membership. All we ask is for a potential member to have a desire to stop using drugs. Our program is based on a set of spiritual principles, and we have no affiliation with any organised religion. Narcotics Anonymous is a twelve-step approach to recovery from addiction with the primary purpose of helping any individual to stop using drugs. NA's program focuses on an addict's recovery from the disease of addiction, rather than any specific drug. Through our group meetings and the therapeutic value of one addict helping another, addicts learn how to live drug-free and productive lives. In 2016 there were almost 67,000 weekly NA meetings in 139 countries worldwide, with 32 meetings currently in the Norfolk and Suffolk Area. For further information about Narcotics Anonymous please see www.ukna.org or www.na.org

Venue and parking

The venue for this event is Norwich Central Baptist Church. Directions can be found here <https://norwichcentral.org/visiting-us/how-to-get-here/>

On site parking is limited, however there are many public car parks near by, for example:-

[St Andrews Multi-Storey](#)

[Botolph Street Pay and Display](#)

[St Crispin's Pay and Display](#)

Please feel free to forward this invitation to colleagues and other professionals who may be interested to attend.

Best wishes, on behalf of the Local Services Subcommittee of the Norfolk and Suffolk Area of Narcotics Anonymous

First Aid Training- Harleston



Emergency First Aid at Work Qualification

Thursday 23rd May 2019

At The Swan Hotel, Harleston 9am-4pm

Course content:

- the role of the first aider
- assessing situations
- administering first aid to casualties including CPR

Successful candidates will be awarded an
Emergency First Aid at Work Certificate that is valid for three
years and allows you to act as a First Aider in the Workplace.

There is ongoing assessment on this course.

**This course is aimed at Job Seekers and is fully funded
for unemployed participants**

Organised by

Harleston
information *plus*

Contact Lucy Marjoram to book

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



Stay Nourished Campaign Event

STAY NOURISHED

eat well, drink well, age well

Stay Nourished is a campaign by Home Instead Senior Care to encourage older people to **eat well** and **live well**.

Come along to this free event to learn more about healthy eating in later life and receive a free “Stay Nourished” booklet

Thursday 23rd May 2019

14:00

Vernon Castle Room, The Millennium Library, Norwich.

To book your place please contact Mark Johnston

mark.johnston@homeinstead.co.uk

07776 060837



Couple Conflict Training Course



Adfam, [Tavistock Relationships](https://tavistockrelationships.ac.uk/) and [One Plus One](https://oneplusone.org.uk/) have been funded by the Department of Health and Social Care to deliver free training in different areas of the country for practitioners who supports families affected by problematic alcohol use.

We're delivering a session next month in Norwich which will focus on reducing the impact of inter-parental conflict on children in families affected by alcohol misuse.

- **Dates:** Monday 10th & Wednesday 12th June
- **Location:** Conference Room 2, The King's Centre, King Street, Norwich, NR1 1PH
- **Cost:** Free
- **[Find out more - and register](https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training)** - <https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training>

Please note this is a TWO DAY programme (participants are asked to attend both days)

The Afternoon Social – Age UK

THE AFTERNOON SOCIAL

FREE
ADMISSION
(NO BOOKING
NECESSARY)

In association with Norfolk & Norwich Festival

THURSDAY 23 MAY 1.30–3.30PM

The Adnams Spiegel tent, Chapelfield Gardens, Norwich, NR1 3BF

For further details please contact Stella at Age UK Norwich

STELLA.SHELDON@AGEUKNORWICH.ORG.UK or 01603 397 785

Join us at The Spiegel tent for a chance to meet the Age UK Norwich team and learn how we can help you or a loved one make the most of later life. Dance through the decades to some classic tunes or simply enjoy the surroundings of this splendid venue over tea and cake.

All ages welcome. We can't wait to see you there!

NORFOLK
& NORWICH
FESTIVAL

COMMUNITY
FUND

Norwich
ageUK

NNUH Dementia Information and Advice Fayre

NNUH Dementia Information and Advice Fayre

Join us on **Monday 13 May 2019** from **10am - 4.30pm** for the third NNUH Dementia Information and Advice Fayre with a host of speakers, information stands and pop-up café in the **East Atrium**.



The line-up of speakers for the Benjamin Gooch Lecture Theatre is:

- **10.30am - 11.00am** - Dementia Support in Norfolk & Waveney, Future Plans - Anne-Louise Schofield, South Norfolk CCG
- **11.00am - 11.30am** - A community approach to living well with dementia - Dr Adrian Leddy, NNUH Clinical Psychologist
- **11.40am - 12.00pm** - Life on a Carousel: a carer's viewpoint - Dianne Furnee, Wymondham Dementia Support Group
- **12pm - 1pm** - 'How about the carers? Supporting family carers in dementia' - Eneida Mioshi, Professor of Dementia Care at UEA
- **1.30pm - 2.30pm** - 'Turn around when possible: getting lost in dementia' - Michael Hornberger, Professor of Applied Dementia Research at Norwich Medical School
- **3pm - 3.30pm** - The Herbert Protocol - Superintendent Jason Broome, Head of Community Safety & Citizens in Policing, Norfolk Constabulary
- **3.30pm - 4.30pm** - 'We need to talk about assistive technology!' - Chris Metcalf, Norfolk County Council



Norfolk and Norwich
University Hospitals
NHS Foundation Trust

Gypsy and Traveller Family Day



Norfolk and Suffolk
NHS Foundation Trust

GRESSENHALL
FARM AND
WORKHOUSE

Gypsy & Traveller Family Day

Saturday, 18 May
10am - 4pm

**Free
entry**
to the day,
(museum
included)

Health education,
advice & support

Kid's fun
activities

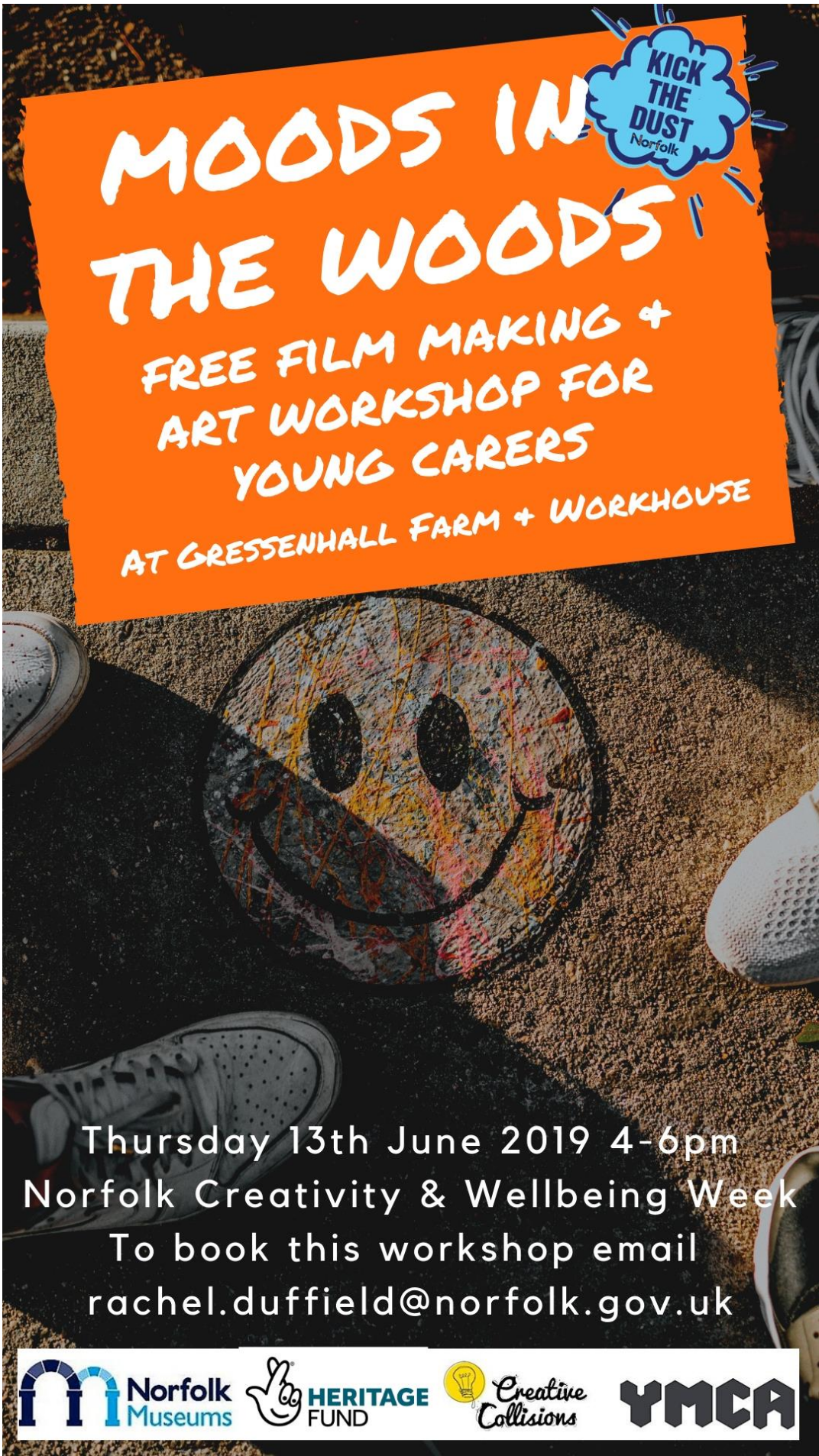


For more info, ring Howard on: 07557 290169
Gressenhall Museum, Gressenhall, Dereham NR20 4DR



Working together
for better mental health

Moods in the Woods – Free Film Making & Art Workshop for Young Carers



MOODS IN THE WOODS

KICK THE DUST
Norfolk

**FREE FILM MAKING +
ART WORKSHOP FOR
YOUNG CARERS**

AT GRESSENHALL FARM + WORKHOUSE

Thursday 13th June 2019 4-6pm
Norfolk Creativity & Wellbeing Week
To book this workshop email
rachel.duffield@norfolk.gov.uk

 **Norfolk
Museums**  **HERITAGE
FUND**  **Creative
Collisions**  **YMCA**

Youth Advisory Board- May 2019 Activities

South Norfolk Youth Advisory Board (YAB)

Activities for young people in South Norfolk

May 2019 onwards



Activities that are outside	
Tuesdays and Wednesdays in school holidays – 28 th and 29 th May	<u>Appleseed Care Farm</u> - young people aged 13-16 can attend one or more of these days and take part in a range of outdoor activities that develop skills and an understanding of the environment that surrounds them. Activities are based around animal husbandry, horticulture and conservation. To book a place, download the Appleseed Form from www.appleseed.org.uk (click on 'YAB Taster Days') and return asap to secure a place. If this is not possible, complete the slip overleaf.
Saturdays, once a month	Visit to <u>Clinks Care Farm</u> working with livestock, and carrying out conservation and market garden jobs. The farm has pigs, chickens, cows, sheep, chickens, geese and ducks, amongst other animals on site. Lunch is prepared using produce from the farm. These sessions are for young people aged 13 – 19 years.
Activities that focus on your wellbeing	
First Friday of each month	<u>Wellbeing and Social Sessions</u> – early evening session for young people to relax, take part in some activities, have a walk, and talk to youth workers about things that are important to them. For young people aged 11 – 19 years (Yr7+).
Activities that help you get involved	
Monthly, Wednesdays 7- 8.30pm	<u>YAB Youth Club</u> – session to meet new people, take part in different activities including sports, cooking, and crafts, or just hang out with your friends. For young people of high school age.
Monthly sessions	<u>Digital Support Sessions</u> – chance to volunteer to help people learn more about their smartphone or tablet. These are drop in sessions for young people aged 11 - 19 years (Yr7+), based at the library in Wymondham (Thursdays, 4.30pm – 6pm), supported by a youth worker.
Regular sessions	<u>Young Commissioners</u> – Young people getting together and making sure that the YAB offers young people in South Norfolk good projects and services that meet their needs. Young Commissioners are making a difference in their community by making sure that young people's voices are heard. For young people aged 13 – 19 years.
Activities that help you develop skills and get qualified	
Tuesdays	<u>Cricket for Girls</u> – Hales and Loddon Cricket Club are offering weekly sessions to encourage girls to play cricket and develop their skills, supported by great coaches. These sessions are designed to be fun and enable young women to become more confident. Give us with your name and contact details and a coach will be touch. These sessions are based in Langley and are for 11 – 17 year olds. For more details email pete.dye@canaries.co.uk or text / call 07931711323.
Dates to be agreed	<u>First Aid Certificate</u> - accredited course to enhance your CV. Give us with your name and contact details and we will let you know the dates of the next courses.
Saturday 11 th May	<u>An Introduction to Health and Safety at Work</u> AND / OR <u>Fire Safety at Work</u> – appropriate for those who work or are soon to have work (full or part time) – for young people aged up to 19 years.
Saturday 11 th May	<u>Food Hygiene</u> Certificate – practical session followed by online test to get nationally recognised certificate. Sessions for 13 – 19 year olds.

Fish Holiday Club- Long Stratton

Fish' Holiday Club

What is it?

A brand new scheme that aims to provide children between 5-11 years with 2 hours of fun and food during school holidays.

Parents/carers are free to join the children if they wish.

Why 'FISH'?

It stands for Fun (and Food) in School Holidays and is based on similar schemes being operated in the Norwich area.

When?

Our next sessions will take place on:

- May Half Term:
 - Friday 31 May 2019
- Summer Holidays:
 - Friday 2 August,
 - Friday 9 August,
 - Friday 16 August and
 - Friday 30 August.

Where?

In the hall behind the Congregational Church, Ipswich Road, Long Stratton, NR15 2TF.
(Almost opposite the Police station)

Time?

We open the doors for registration at 11.45am and a 2-course lunch will be served at 12.15pm. (So come hungry!) We then have activities for all to enjoy until 2pm.

And best of all, this is completely free.

For further information or to book a place contact either: David (01508 531037), or Preston (01508 471006)

Young Carers Activity Session- Diss

Young Carers Diss Activity Session Wednesday May 29th

If you are a **Young Carer** living in **South Norfolk**, aged between 5 and 19 years old, you can:

- Meet other Young Carers
- Get one-to-one support
- Ensure your voice is heard
- Access training and socialising opportunities

We are running two activity sessions on May 29th at Diss Youth Centre, Shelfanger Road, Diss IP22 4EH. The first session will be for the Junior School group 5-11yrs old from 11am to 1pm. The second will be for the High School group 12-19yrs old from 1.30pm to 3.30pm.

There will be lots of people to chat with you, plenty of activities to do while you are there, and some lovely snacks and drinks. And it's all **free!**

To attend please contact us on:

emma@mtmyouthservices.org.uk

(07760283864) or

graham@mtmyouthservices.org.uk

(07847049399)

Or the **Carers Matter Norfolk Advice Line** on
0800 083 1148



South Norfolk Help Hub Survey – Have your say!

We would like to gather your feedback about the South Norfolk Early Help Hub. Whether you have had little or a lot of involvement with us, we would really appreciate if you could complete our survey here:

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

It takes approximately 5 minutes to complete.



Survey: Experiences of Domestic Abuse victims with the Family Court

[Safelives](#) are working with survivors of domestic abuse to hear their experiences of the family court system and to jointly advocate for change. As part of this, they would like to find out from local professionals around any local good practice, challenges, ideas and opportunities for improving the response to survivors and their children going through the family court process.

In conjunction with the SafeLives Pioneers (experts by lived experience), they have put together this survey to gather views and feedback from professionals: <https://www.surveymonkey.co.uk/r/RFZLZH7>

The responses will be used to create new interventions of support and to advocate for changes to ensure better support is available for victims around the family court system.

The survey will be open for one month until the 15th May.

NNUH Volunteer Settle-in Service



Norfolk and Norwich University Hospitals **NHS**
NHS Foundation Trust

Helping your Community

The Norfolk and Norwich University Hospitals NHS Foundation Trust Volunteer Settle in Service are recruiting for community based supporters to help our patients on the day they come home from hospital.

IF YOU WOULD LIKE TO HELP IN YOUR LOCAL
COMMUNITY WE ARE HOLDING AN AWARENESS DAY

MAY 16TH 2019 10AM-2.30PM,

**SERCO TRAINING ROOM, WEST ANNEX 2,
NORFOLK AND NORWICH UNIVERSITY
HOSPITAL**



**Come along to find out a little more with no obligation – refreshments and
lunch available**

**Please contact Lucy Smith on Tel: 01603 286072 or email
lucinda.smith@nnuh.nhs.uk to book a place**

Norfolk and Norwich Association for the Blind – Volunteer Service



The Norfolk and Norwich Association for the Blind (NNAB) is an organisation that supports people with sight loss to live independent lives.

Our offices in West Norfolk, Norwich and Great Yarmouth offer a wide range of equipment, services, activities and support across the county

We could not offer all of this without the support of our many fantastic volunteers who assist us in bringing our services, activities and support into communities all across Norfolk.

Volunteering is a great way of gaining confidence, new skills, of meeting people and of taking part in the local community.

We are currently looking for volunteers in a variety of areas with opportunities from mini bus drivers, to sports and leisure activities, telefriends, fundraising and much more.

If you would like to discuss the opportunities we have at the NNAB then contact the Volunteer Engagement Co-ordinators on: Penny Parker Tel 01553 407004, Rachael Green Tel 01603 973377 or email volunteers@nnab.org.uk for a friendly and informal chat and see if we have an opportunity that is just right for you.

Harleston Information Plus- Jobs Club

Jobs Club

Harleston
information *plus*



Drop in for employment support

Metfield Village Hall

Thursday 16th May 10am-12pm

Hoxne Village Hall

Monday 20th May 10am-12pm

And every Wednesday 10am-2pm at Harleston Information Plus

All our services are free and confidential

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



European Union
European
Social Fund



LOCAL
INVESTMENT
IN
EMPLOYABILITY

South Norfolk
COUNCIL



LIFT Small Skills Project Funding



NEW Small Skills Project funding

Open to individual businesses in rural Norfolk and North Suffolk to apply

Up to 50% funding for the costs of training with no minimum grant level.

LIFT Skills is a grant scheme managed by Norfolk County Council and funded by the European Social Fund. We can fund support for managers and workers in small and medium sized businesses to gain skills and progress at work. The scheme is open to businesses in rural Norfolk (not Norwich, Gt Yarmouth or Gorleston towns) and those in north Suffolk and Waveney (not Lowestoft).

We have a new 'Small Skills Project' application process available now for individual businesses to apply directly. You could be eligible to apply if your business needs training that is not a statutory requirement and not already available through another LIFT funded training scheme.

For more details and to check your eligibility please email the LIFT funding team at LIFT@norfolk.gov.uk

