

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

49

05/07/2019

Creative Arts East- Art Workshop



FREE ARTS **WORKSHOPS**

Are you an adult living in Norwich?
Would you like to meet other members of your local
community? Would you like to try something new and
find out what's happening in the area?

What?

Come along to try out a range of creative
arts activities, including music- making,
crafts and dancing.

Where?

St Augustine's Church Hall
The Gildencroft, Norwich NR3 1DS

When?

Tuesday 16th July, 2-4pm
Tuesday 6th August, 2-4pm
Tuesday 17th September, 2-4pm
Tuesday 19th November, 2-4pm
Tuesday 21st January, 2-4pm
Tuesday 18th February, 2-4pm

FREE EVENT

**Booking is
recommended**

To book a place, or for more information on the
activities please contact lea@creativeartseast.co.uk
or call 01953 713390

www.creativeartseast.co.uk



LGBT+ Mapping Workshops

Thursday 11th and 18th July, 11am – 1pm

EXPRESS, GROUND FLOOR *at the*
Norfolk & Norwich Millennium Library

MAPPING NORWICH'S LGBT+ PAST



Create an interactive map of Norfolk's LGBT+ history by sharing your stories. View maps from Norfolk Heritage Centre's collection and add your own LGBT landmarks. Two FREE drop-in workshops.

This is part of a series of events to celebrate the "Desire, love, identity: exploring LGBTQ histories" British Museum touring exhibition at the Norfolk & Norwich Millennium Library from June 8th – Aug 31st.

Free event. Contact 01603 774781 or
rachel.ridealgh@norfolk.gov.uk for more info.

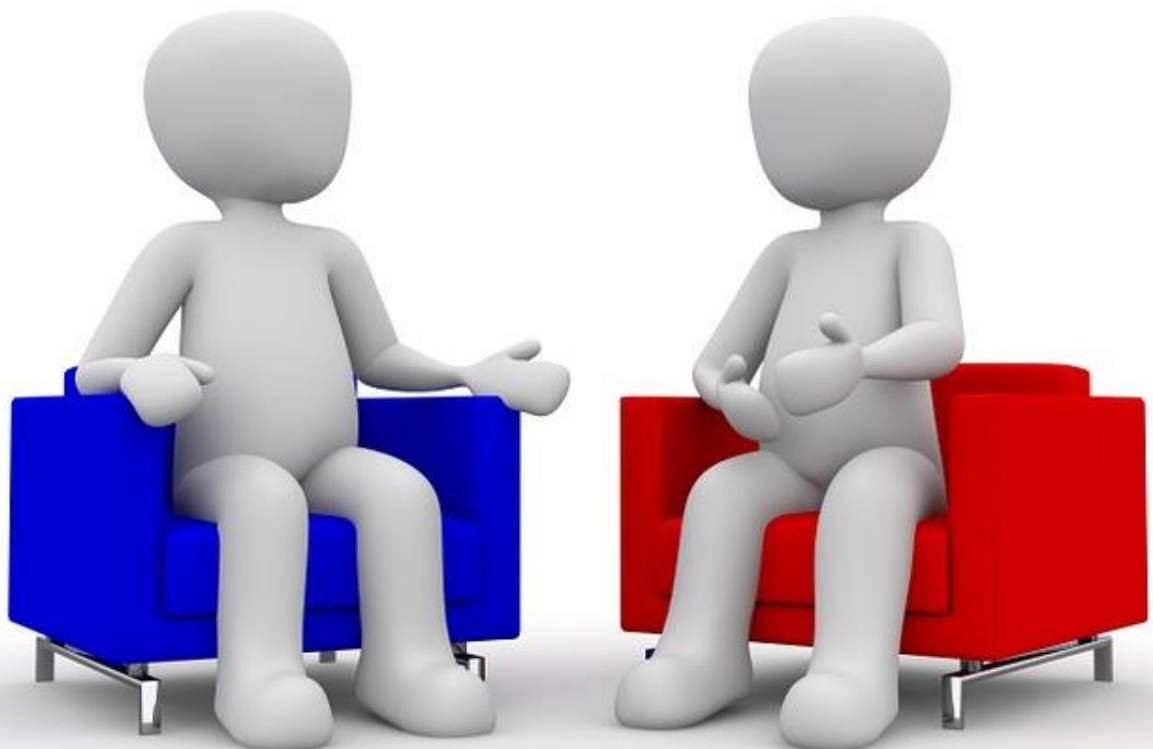
Lipreading courses

Norfolk Community Learning Services

Develop and improve your lipreading skills and learn alongside people who have similar experiences and develop the ability to watch and feel the shape of spoken English. Throughout this helpful and informative course you will learn: how to build confidence, coping strategies for difficult situations, about technical aids to hearing loss and support services available.

Course in Norwich starting October. For further information click here:

<https://enrol.norfolk.gov.uk/CourseDetailsView.asp?CODE=LIXLN3119P&NAME=Lipreading&ID1=1111&ID2=71296&ID3=1>



Free suicide prevention training



ONE LIFE LOST

IS ONE TOO MANY...

TAKE THE TRAINING

Because female suicide rates are at their highest in a decade in England and the UK.*

20 minutes is all it takes.
Take the training at zerosuicidealliance.com

*Source: Samaritans 2017

Norfolk Disability Pride- The Forum



Norfolk Disability Pride

Sunday 29th September

The Forum, Norwich, 10am – 4pm

Norfolk Disability Pride celebrates disabled people and the diversity of our community. Enjoy performances, exhibitions and a range of activities and information provided by scores of stall holders. A **FREE** event at The Forum, Norwich. Everyone welcome!



norfolkdisabilitypride.org.uk



**Norfolk
Disability
Pride**

Headway Carers Headspace- Norwich



Headway
Norfolk & Waveney's Brain Injury Charity



Carers Headspace

Do you take care of someone who has had a stroke, traumatic brain injury or acquired brain injury?

When a family member or someone close to you has a brain injury it can put a great strain on relationships and day to day life. Carers Headspace is an opportunity to meet others who may experience similar challenges.

Join our friendly and supportive group, for:

- Coffee
- Information in relation to brain injury
- Guided relaxation also on offer

We meet at Wade's Court meeting room, Norwich

- First Friday of every month
- 1:30 - 3:30pm
- William House, 19 Bank Plain, Norwich, NR2 4FS

Get in touch if you would like to come along or find out more:

- Telephone Angela on: 07780 439060 or
- Email: Angela.page@headway-nw.org.uk

Kindly supported by

FOSTERS
SOLICITORS LLP

Mind- The Anchor Project



Norwich and Central Norfolk



The Anchor Project

Have you been affected or bereaved by suicide?

Norwich and Central Norfolk Mind is providing a support network for anyone over the age of 18 who has been bereaved by suicide.

Over eight-weeks the group will support you to speak openly about your reactions, feelings and emotions, to find support and to meet others who are going through similar experiences.

The group offers a safe, confidential and non-judgemental environment.

Daytime and evenings groups are available in a city centre location. To join or find out more details contact:

emiliedarlison@norwichmind.org.uk

01603 432457

SNYAB- Summer Programme

South Norfolk Youth Advisory Board (YAB)

Activities for young people in South Norfolk June 2019 onwards



Activities that are outside	
Tuesdays and Wednesdays in school holidays – 6 th , 7 th , 13 th , 14 th , 20 th & 21 st August	<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. <u>Please choose two dates initially</u> and then indicate if you would like further places if they are available.
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.
22 nd June, 14 th Sept	Visit to <u>Quaker Wood</u> – a day of conservation work, learning new skills from experts in a beautiful woodland area with natural ponds. 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+).
14 th – 15 th August	<u>Wellbeing Residential</u> – a 24 hour opportunity to be away from home and focus on personal wellbeing and confidence.
Activities that help you get involved and meet others	
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.
21 st August	<u>Intergenerational Project</u> – Lunch and games run by young people for older members of the community. Chance to volunteer some time in Diss while holding a fun event for others. Planning and baking sessions: 13 th August and 20 th August. Young people can attend one, two or all three dates.
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.
Wednesday 7 th August	<u>Pleasurewood Hills</u> – coach trip to the theme park with pick up points in Diss, Long Stratton, Costessey and Loddon.
Activities that help you develop skills and get qualified	
Monday 5 th August	<u>First Aid Course</u> – pass this one day course, and get your certificate valid for three years. For young people aged 13 – 19 years.



27 th July or 9 th August	<u>An Introduction to Health and Safety at Work AND / OR 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.
27 th July or 9 th August	<u>Food Hygiene Certificate</u> – practical session followed by online test to get nationally recognised certificate. Sessions for 13 – 19 year olds.
16 th August	<u>Art Workshop</u> – Details to be confirmed. Let us know if you would like more information and we will send it to you.
19 th August	<u>Cooking Day</u> – for those young people who have completed a Food Hygiene course. A chance to practice your skills and learn new techniques.
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.
To suit you	South Norfolk YAB can also put you in touch with a <u>Careers Adviser</u> who will talk to you about your future, and help you to make positive choices and take steps in the right direction. If you would like to speak to Graham, you can email him directly on graham@mtmyouthservices.org.uk or fill in the slip below, and he will contact you.

Transport can be provided for young people who live in South Norfolk for most activities – please check
 Unless stated, information and booking forms about these activities can be downloaded from www.snyab.org If you are unable to download any of the information and consent forms that you require, please complete the slip below and information will be sent to you.

Name of young person:.....

DOB:..... Male / Female / prefer not to say

Address:.....

..... Postcode:.....

Home Telephone:..... Mobile:.....

Email address:.....

School / College / Work:.....

I wish to attend (list activities):.....

Reason(s) for wanting to attend / get support:.....

Please return this slip to: MTM Youth Services CIC, Rambler Cottage, The Street, Botesdale, IP22 1BZ
 Or email your requests to: sam@mtmyouthservices.org.uk

The South Norfolk Youth Advisory Board (YAB) works to improve services for young people aged 13 and above. All work undergoes consultation with young people, their communities and relevant agencies before being put in place. For more information about South Norfolk YAB please visit:

<http://mtmyouthservices.jimdo.com/youth-advisory-board/>
<http://www.snyab.org/what-does-snyab-offer/>



Baby Massage- Long Stratton Library

Baby Massage at Long Stratton Library

Sign up for our next course today with Lucy from Bodies, Bumps and Babies!

Dates: 4th, 11th, 18th, 25th July

Time: 2-3pm

Cost: £32 for complete course

Find out more about the benefits of massage for you and your baby, learn a complete routine and receive a booklet and completion certificate.

Spaces are limited - book now to avoid disappointment. Please leave your contact details with a member of library staff and Lucy will contact you.



Massage should be avoided for 24 hours after immunisations. If your baby has any complex health needs, it is suggested to you talk to your midwife/health visitor for advice first.



Norfolk County Council

Deopham Coffee and Chat Pop up Event

A break for coffee and a chat could make life more interesting



Knowing what's going on in our own communities isn't always easy, especially if access to transport is limited, or there is no village shop, pub or post office.

Better Together is bringing free 'pop up' events to rural communities, offering all sorts of information about organisations and services.

We also have details of local activities and support for local people who run village groups or are thinking of starting something new.

But most importantly there will be the opportunity to get together to chat with neighbours and old friends (or make new ones!) over tea, coffee and cake.

Why not join us when we visit Deopham?

Saturday 20th July 10-12 at the Gralix Hall



Creating Connections | Building Communities

For more information
01379 851920



YMCA The Hive- Anti-Bullying Support Group- Norwich



'THE HIVE'
**Anti-Bullying
Support Group**
Fortnightly Support
sessions for young people between 11-18 affected by bullying.
Runs 5-7pm for group activities, 1-on-1's and refreshments.
Catton Grove Community Centre, NR3
27th June
11th July
25th July
8th August
22nd August
5th September
19th September
Contact: anti-bullying@ymcanorfolk.org

YMCA
In partnership with



WEEKLY SCHOOL PEER MENTORING CLUB

8-week program at local high schools setting up an anti-bullying group where the students complete an accredited ASDAN Peer Mentoring course. The group then becomes student-led by when they have completed the course as 'anti-bullying ambassadors'. We want to help set up a safe space on school grounds, to be an active presence helping to combat bullying.



The poster is a vertical rectangle with a dark blue background and large green triangles on the left and right sides. It features the YMCA logo at the top and bottom. The title 'Anti-Bullying Peer Mentoring Club' is in green. The text 'Fortnightly evening sessions with fun activities and refreshments' is in white. The contact information 'For more information, please contact: anti-bullying@ymcanorfolk.org' is in green. The phrase 'In partnership with' is in white, followed by two logos: 'CONNECT4 Co' (a circular logo with a rainbow and people) and 'NORWICH YAB YOUTH ADVISORY BOARD' (a logo with a castle and the text 'YAB YOUTH ADVISORY BOARD').

YMCA

**Anti-Bullying
Peer Mentoring Club**

Fortnightly evening sessions with fun
activities and refreshments

For more information, please contact:
anti-bullying@ymcanorfolk.org

In partnership with

YMCA

**Anti-Bullying
Peer Mentoring Club**

Fortnightly evening sessions with fun
activities and refreshments

For more information, please contact:
anti-bullying@ymcanorfolk.org

In partnership with

Action for Children



A new Early Childhood and Family Service for Norfolk

Norfolk County Council have commissioned Action for Children to deliver their new targeted service to families with children aged 0-5.

Who are Action for Children?

A national charity who have been working to support families for 150 years.

A leader in national research and policy development

Deliver services across the four nations of the United Kingdom

Employ over 7000 staff in 522 different services supporting over 301,000 children, teenagers, parents and carers every year.

What will the service focus on?

Based on evidence of what works and what our youngest children need the service will have a focus on

- Supporting children to achieve their developmental milestones
- Preventing neglect and emotional harm
- Increasing social mobility.

By providing high quality evidence based early intervention services to ensure families who need additional support receive the right help at the right time.

What will it do?

This is a Tier 2 Service (please follow this link for a descriptor of Tier 2 <https://www.norfolkscb.org/people-working-with-children/threshold-guide/>) that may also provide an identified tier 2 intervention within a wider tier 3 package of support. The service will offer a mix of group work and 1:2:1 support, including universal services in some cases. The sorts of interventions and support will include Solihull programmes, Baby Massage, Circle of Security, support for the Home Learning Environment and Video Interactive Guidance. There will be a core offer to families, but a distinct response according to local need.

How will it operate?

It is a county wide service operating at a district level from a network of 15 bases, using a range of other venues including libraries, community centres and families own homes.

The service will operate all year, including evenings and weekends

The services will be integrated with partners, co-ordinating and tracking interventions for individual families.

The service will operate as part of an early childhood system with key relationships currently being developed. This will maximise the impact of the work and reduce duplication of delivery.

What happens next?

We will invite stakeholders to one of a series of district roadshows over the summer. More information to follow.

Meanwhile, we will be meeting with our service users, partners and stakeholders to develop the service further. A programme of services will be available in due course.

Health Information Leaflet Service



The Health Information Leaflet Service (HILS) provides free, good quality health information leaflets and posters for professionals working in voluntary and statutory agencies within Norfolk.

We are part of the Customer Services Fulfilment Team based at County Hall, Norwich.

Over the years we have established a good regular customer base, and we are proud of the valuable service that we provide.

New customers can register by visiting the website:-

<http://brochure.norfolklivingwell.org.uk/>

You can browse and order from a wide range of free leaflets and posters which can then be displayed in your setting or distributed in your community.

Most items are also available as a PDF version, which can be downloaded and printed out at your convenience.

We have a comprehensive selection of electronic resources such as web banners, e-mail signatures, and display screens, which can be downloaded. These are a great way to promote your health promotion messages.

A free courier service will deliver packages to designated locations (mostly surgeries, health centres and hospitals) once a week, and we also now offer a delivery service to libraries. If your location isn't on our courier delivery route, you can nominate your nearest library as a collection point. They will take delivery of your order for you to pick up when convenient. This takes up to 3 working days.

If neither of the above options are suitable, then please e-mail us at hils@norfolk.gov.uk and we would be happy to discuss alternative arrangements.

We look forward to working with you.

Grandparents Plus Advice Service



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 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



Charity number 1093975

Veterans Gateway



**VETERANS'
GATEWAY**

The first point of contact
for veterans seeking support

**EX-SERVICE AND
STRUGGLING WITH
CIVVY STREET?**



WE CAN HELP.



WHAT IS VETERANS' GATEWAY?

Veterans' Gateway is for any ex-service personnel and their families looking for advice or support – whatever they're dealing with.

We provide the first point of contact to a network of military and non-military partner organisations to help you find exactly what you need, when you need it - whether you're in the UK or overseas.

We cover seven key areas:

- Housing
- Employment
- Finances
- Living independently
- Mental wellbeing
- Physical health
- Family and communities

“After I had done my duty and served my country I was disappointed that there was no duty to provide the support services I needed. Veterans' Gateway will make it easier for veterans to find the support they need.”

Gareth Jones, 49



WHENEVER YOU NEED US, WE'RE HERE



Call us around the clock
on 0808 802 1212



Give us a text on 81212



Visit us online at
veteransgateway.org.uk



Get in touch via livechat –
you'll find it on our website



Submit a query using our
online form

WE CAN HELP.



Veterans' Gateway is a partnership between
The Royal British Legion, Poppyscotland,
SSAFA, the Armed Forces charity,
Combat Stress and service provider
Connect Assist. We are funded by the
Armed Forces Covenant Fund.

For 24-hour support
Go to veteransgateway.org.uk
or call 0808 802 1212

Partners



NNAB – Volunteering Opportunity



NORFOLK AND NORWICH
ASSOCIATION FOR THE BLIND

VOLUNTEERS NEEDED!

**Interested in
joining us?**



01603 973377 (Norwich)
01553 660808 (Kings Lynn)



volunteers@nnab.org.uk



www.nnab.org.uk

CURRENT VOLUNTEERING OPPORTUNITIES:

- Sports and Leisure Activities
- Driving
- Fundraising
- Administration
- Eye Clinic Advisors

Jobs Club- Harleston

Jobs Club Harleston information *plus* comes to **Dickleburgh**



Monday 8th July, 10am-12pm

Harleston Jobs Club will be bringing their service
to **Dickleburgh Village Centre.**

Drop in for employment support, everyone welcome.

All our services are free and confidential

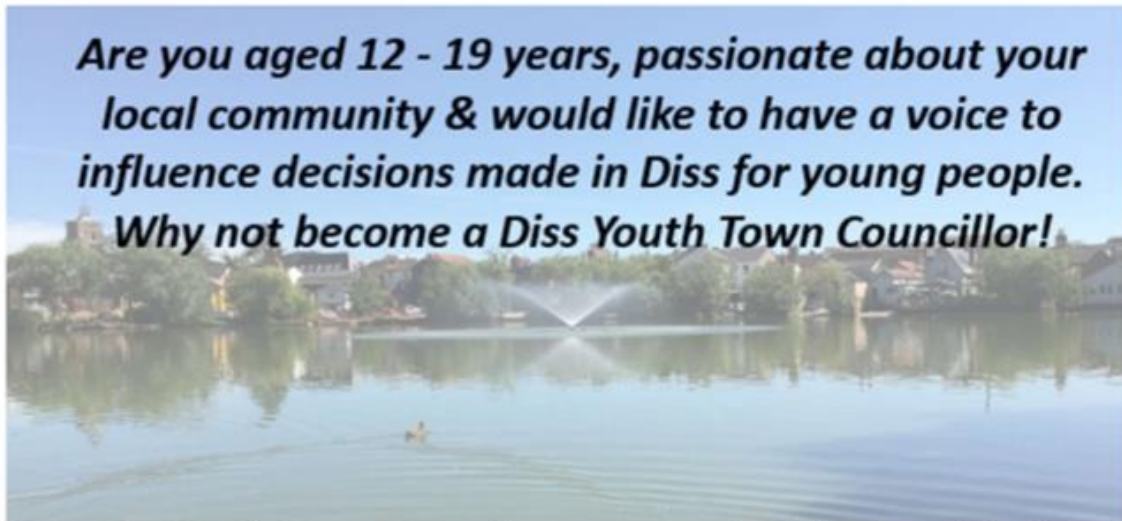
Phone: 01379 851920

E: jobsclub@harleston-norfolk.org.uk

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



Diss Town Council - Youth Councillor



We, Diss Youth Town Council, support and work alongside the wider community to improve areas in Diss, with a particular focus on youth. We encourage youth to have a say & get involved, whilst working together with Diss Town Council.

Our Youth Council meetings are held monthly.

What can you achieve by becoming a Youth Councillor?

- ☐ "Life skills helping with communication & confidence"
- ☐ "Voluntary experience that you can add to your CV"
- ☐ "Opportunities to represent the youth of Diss at official functions & support community fun events".

If you would like more information or to get involved - Text or call Julia on **07546 059061** Email julia@mtmyouthservices.org.uk or find us online - <https://diss.gov.uk/your-council/diss-youth-council/>



Fire and Rescue Community Volunteers



NORFOLK FIRE & RESCUE SERVICE

Community Volunteers

Help support your local Fire & Rescue Service and help make a vital difference to people's lives?

Have you a passion to help people in your local community?

Do you want the opportunity to develop new skills and enhance your experience?



Norfolk Fire & Rescue Service community volunteers gave over 1600 hours of time to help keep their communities safer in 2018/19. They deliver important safety messages in Fire Safety, Arson Prevention, Road Safety and Water Safety as well as promoting health and wellbeing.

We encourage applications from people where English is your second language, this can help us widen our protection within local communities.

If you are 18 or over you could apply to become a volunteer. To find out more information please

Contact: hq@fire.norfolk.gov.uk

 **Norfolk** County Council

LIFT OFF Work Trials



Pathmakers

Connecting Norfolk countryside & communities

LIFT OFF Work Trials

Would you like to work in the outdoors?

Are you from Norfolk or North Suffolk?

Does your confidence need a boost?



LIFT OFF Work Trials are short term work experience opportunities, for people who might otherwise struggle to find employment in the environment sector. If you are 16+, and not in work, education or training, find out if you are eligible by emailing: ella.meecham@norfolk.gov.uk



Pathmakers.org.uk



[@Pathmakers_CIO](https://twitter.com/Pathmakers_CIO)



[@PathmakersCIO](https://www.facebook.com/PathmakersCIO)



European Union
European Social Fund
Investing in jobs and skills



Voluntary Norfolk- Health and Wellbeing Volunteers

Health & Wellbeing Volunteers available for 1:1 support in Breckland, South Norfolk, North Norfolk and rural Broadland



Practical and emotional support to help residents self-manage long-term health conditions or regain independence after illness, injury, an operation or challenging health diagnosis

- Regular social interaction
 - Supporting clients to carry out activities including shopping & cooking
 - Assistance with managing health conditions
 - Help to access information & services
 - Encouraging healthy eating & activities
- Please note, volunteers are not expected to deliver any personal or medical care

NHS
North Norfolk
South Norfolk
Clinical Commissioning Groups

VOLUNTARY
NORFOLK

The Health & Wellbeing Volunteer Service is delivered by Voluntary Norfolk and funded by North Norfolk and South Norfolk (NHS) Clinical Commissioning Groups.

If you know a patient, client, friend or relative who is without their own support network and could benefit from this service, call **07384 816574** or visit: **voluntarynorfolk.org.uk** & search 'health volunteers', or email: **hwwolunteer@voluntarynorfolk.org.uk**

Go for It Grants



If you are passionate about an activity, project or interest, then we want to hear from you. There is up to £300 waiting to help you get your idea up and running in your local community.

What is a Go For It Grant?

The grants give funding for not-for-profit projects that bring communities together and encourage people to take part. All you have to do is complete an application and show us how you plan to do it.

How to apply

To apply for a grant, just read the grant criteria and complete a Go for it Grants application form. Return the form by email to grants@s-norfolk.gov.uk . Alternatively post it to the Community Capacity Team, Go for it Grants, South Norfolk Council, South Norfolk House, Cygnet Court, Long Stratton, Norwich, NR15 2XE. If you need any help or have any questions please call our helpful team on 01508 533642.

The application form is available:

https://www.south-norfolk.gov.uk/sites/default/files/NEW%20Go_For_It_Grants_Application_Form.docx

For further information please visit our website:

<https://www.south-norfolk.gov.uk/residents/communities/community-grants>

Better Together Grants



**VOLUNTARY
NORFOLK**

Better Together Grants

Would you like to bring people in your community together?

**Do you need funding to organise an event or activity
in the Norwich area?**

If so you could apply for a Better Together Grant worth up to £200

This funding is for individuals or small groups of like-minded people to organise a community event that helps prevent loneliness and social isolation. This could be anything from a shared meal to a community litter pick, a games evening in a local café or a group outing. We look forward to hearing your ideas!

To find out more contact Amelia Worley, Community Development Worker,
t.07384 110 362 or e. amelia.worley@bettertogethernorfolk.org.uk



www.bettertogethernorfolk.org.uk

Better Together Norfolk Helpline 0300 303 3920