

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

44

26/04/2019

COOKERY CLASSES



Are you tired of burnt offerings, expensive ready meals or takeaways?

Join us for a 6-week beginner's cookery course

St John's Church, Harleston

Tuesday afternoons (2pm-4pm)

7th May to 11th June

Create healthy, inexpensive meals * take home a tasty dish
each week * no cooking experience needed * all ages
welcome

Only £5 per session—booking essential

***To book your place call 01379 851917 or email
hip@harleston-norfolk.org.uk***

LINK Mental Health Champion Training for Professionals



“The Link Project is part of the Point 1 service and is a consortium which comprises Ormiston Families, MAP and Norfolk & Suffolk Foundation Trust (NSFT). Together, we aim to improve children and young people's mental health through increased collaborative multi-agency working, improved communication and by offering training around CYP mental health to staff in universal settings in Norfolk and Waveney.

We are offering staff from universal settings (school staff, Early Years providers, GP practice professionals, health visitors and children centre staff) the opportunity to attend a free two day foundation training to become a Mental Health Champion for children and young people. The training covers topics such as child development, communication, information sharing, common mental health issues and guidance on how to refer into specialist services.

Once qualified, Mental Health Champions are eligible to attend our specialist training sessions which are offered on a wide range of issues on a rolling basis throughout the year. They also have access to in-house consultations, regular locality meetings, our extensive LINK resource and information database as well as receiving a regular newsletter with service updates, training dates and other CYP Mental Health news. If you want to find out more about the LINK project or how you can join us as a Mental Health Champion or Associate, please contact us on: linkwork-point1@ormistonfamilies.org.uk”

DATES:

2nd May and 7th May Norwich

14th May and 23rd May King's Lynn

16th May and 21st May Thetford

4th June and 13th June North Walsham

6th June and 11th June Gorleston-on-Sea

18th June and 27th June Norwich

Free Art History Workshops for Young People



CHIT CHART

ART HISTORY WORKSHOPS FOR YOUNG PEOPLE

SATURDAYS AT 2-3.30 PM
11-18 MAY & 1-8 JUNE
MILLENNIUM LIBRARY - 1ST FLOOR

—
25 MAY & 15 JUNE
NORWICH CASTLE MUSEUM

**6 WORKSHOPS ABOUT VISUAL ART,
WITH DEBATES, AND CREATIVE WRITING
& ART ACTIVITIES**

YOU DON'T NEED TO BE AN ART CRITIC.
THE ARTS CELEBRATE MULTIPLE PERSPECTIVES,
AND ONE OF THEIR GREATEST LESSONS IS THAT
THERE ARE MANY WAYS TO SEE
AND INTERPRET THE WORLD.
LET'S CHIT-CHART ABOUT THIS!

BOOKING REQUIRED: PLEASE EMAIL ELENA.TRAINA@NORFOLK.GOV.UK
SUITABLE FOR 14+

Scole – Coffee and a chat

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



Whether you are retired, a carer, parent, living with a disability or working from home, sometimes you can feel isolated or that you are missing opportunities.

Better Together brings people together and offers information, advice and support to help you make the most of activities and opportunities in your area. We also support people who run village groups or want to start something new.

Working with local organisation, Harleston Information Plus, we are holding information pop ups in South Norfolk.

Why not join us when we visit Scole?

Tuesday 7th May 10-11.30am

St Andrews Church

Discover something new whilst enjoying coffee and cake.

**For this 'pop up' we have special guests—
Get Me Out The Four Walls - who organise
local social events for parents**

More information

01379 851920



Creating Connections | Building Communities



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 Spiegeltent, 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 Spiegeltent 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**

Poster designed by Alex Cole
design@alexjcole.org

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**.



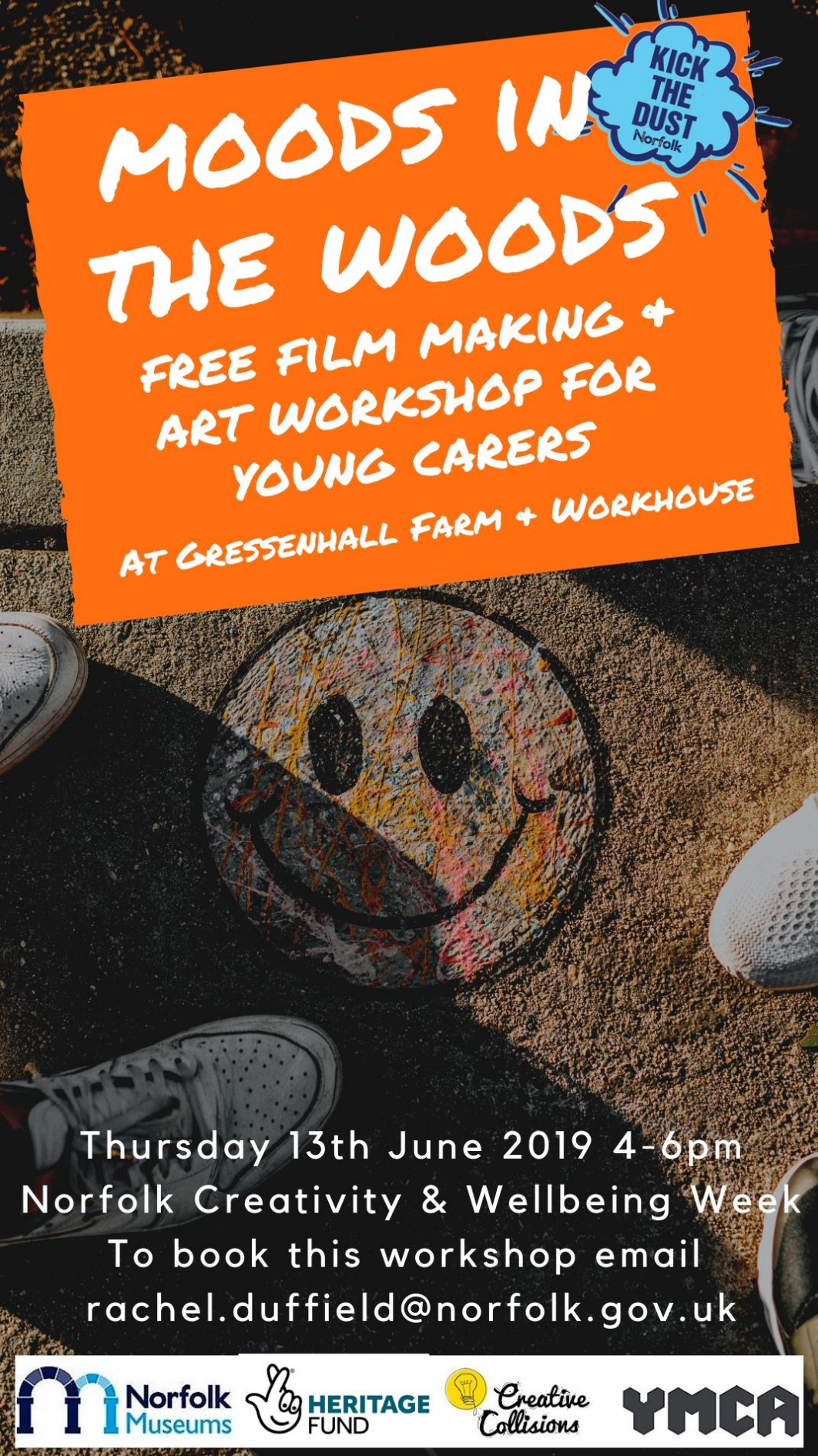
The line-up of speakers for the Benjamin Gooch Lecture Theatre is:

- **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

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**

Healthy, Happy, Safe – Conference for professionals (page 1 of 2)



In our own words

A conference planned and run by people with learning disabilities



Opening Doors

STOMP

Stopping over-medication of people with a learning disability, autism or both



Health checks

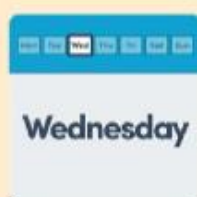


Learning Disabilities Mortality Review (LeDeR) Programme

Healthy, Happy, Safe

Supporting better lives in Norfolk

A **free** one-day conference for health and social care providers and professionals



**The Space,
Roundtree Way,
Norwich, NR7 8SQ**

Car Parking available

Lunch and refreshments are provided*

*please alert us to dietary requirements



Healthy, Happy, Safe – Conference for professionals (page 2 of 2)



Speakers

- **Alison Leather** - STOMP, LeDeR
- **Sam Revill** - Healthwatch, Norfolk
- **Louisa Whait** - LeDeR NHS England
- **MixIT** - performance group
- **Opening Doors** - Experts by Experience



Who should come to this conference

- Social Care providers and professionals
- Clinicians
- Social Workers
- Practice Managers



What you will look at on the day

- Good quality support and health checks
- Supporting people to get their health book filled in
- **STOMP** and signing up to the pledge
- People living healthier, happier and longer lives in Norfolk

To book a place or to find out more



Call
01603
631433



Email Opening Doors

admin@openingdoors.org.uk

East Hills Wood, Costessey – Free Activities for Families

If you go down to the woods today ...

Join the Friends of the Tud Valley for a wonderful woodland adventure amongst the beautiful bluebells.

East Hills Wood, Costessey, NR5 0TQ

Car Park off Longwater Lane,

Saturday 11 May 2019,

10.30 - 12 noon, 1 - 2.30pm or 3 - 4.30pm.



Activities include guided walks, den-building, bug hunting, art and craft work and story telling .

No need to book, just turn up and join in.
Children must be accompanied by an adult.

All activities are free.

Keep Calm and Colour at The Millennium Library

7 May 2019
10:30 - 12:30

A Drop in colouring session for adults. Switch off your worries and immerse yourself in colouring. We hope you will leave feeling relaxed, calm and ready to face the world. All materials are provided and no need to book



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, telefrends, 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.

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

