

# 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](mailto:earlyhelphubsouth@S-NORFOLK.GOV.UK)

**Edition**

**56**

11/10/2019

# City and South School Network Event



Norfolk County Council



## City & South School Network Event

### Norwich Date:

Tuesday 5<sup>th</sup> November

Time: 4-6 pm

### Where:

Lionwood Infant School  
Telegraph Lane East  
Norwich, NR1 4AN

### South Norfolk Date:

Tuesday 12<sup>th</sup> November

Time: 4-6 pm

### Where:

Long Stratton High School  
Manor Rd, Long Stratton  
Norwich, NR15 2XR

### What Will I Take Back To My School?

Sarah Nixon (Independent Chair) & Lauren Downes (Head of Services and Partnerships Early Help – South Norfolk) will be delivering training sessions on Contextual Safeguarding on both dates. Latest service updates from Early Help team in your area.

There will be an opportunity to network and discuss the school's needs in terms of Early Help/Social Care Work with the vulnerable children and families.

### Who Should Attend?

It is open to school representative e.g. head teacher, DSL, SENCO, PSA or Pastoral lead, or a nominated teacher who can feedback key issues and learning.

To confirm your attendance or more information please email

[CommunityFocusCityandSouth@norfolk.gov.uk](mailto:CommunityFocusCityandSouth@norfolk.gov.uk)

# County Lines Training – Kings Lynn



## County Lines Workshop

### ‘Taking action together’

### On behalf of the County Community Safety Partnership and Norfolk Chief Executives of Norfolk

Norfolk like many areas has seen increasing activity from London-based drugs gangs who are exploiting vulnerable people to develop local drug markets using 'County Lines'. As a new and emerging issue there is no rule book for how the problems and impacts on vulnerable people and communities can be tackled.

Significant enforcement activity has been undertaken by Norfolk Constabulary over the last 24 months under the banner Operation Gravity with the support from partners. However, it is clear that a different approach is needed to develop a coordinated approach across a wider number of organisations from the public, private and voluntary sector, to deal with the threats posed.

The criminals who run these networks will often oversee activity from a distance, exploiting and coercing children and young people who are used to move and store the drugs and money across Norfolk, with the homes of vulnerable adults taken over to provide a base for drug dealing. This results in exploitation, coercion, intimidation and violence to some of Norfolk's most vulnerable children, young people and adults.

The impacts are devastating for the children, their families, vulnerable adults and their communities.

We strive to keep Norfolk one of the safest places in the country to live, work and visit and therefore the Norfolk community safety partnership has adopted county lines and violence reduction as a priority and is coordinating the Norfolk wide response. Partners are determined to tackle the threats posed by County Lines and recognise that a wider range of organisations need to be engaged in understanding the impacts of county lines as well as helping to guide, shape and deliver the response.

This programme of workshops is the next stage of this work.

We encourage and welcome the participation of all councils, agencies, service providers in this journey. By working together, we can strengthen our responses to meet the challenges we face.

**Laura McGillivray**  
Chair Norfolk County Community Safety Partnership,  
Chief Executive, Norwich City Council

**Simon Bailey**  
Chief Constable



### **Aim of the workshop:**

To establish strong, effective and collaborative organisations, to develop and deliver the Norfolk wide response to county lines focussing on protection, prevention, preparation and pursuing.

### **Outcomes:**

- Raising awareness of the issues and impacts of county lines
- Understanding how we can take action to make a difference
- Identify gaps and barriers including training needs
- Encouraging a coordinated Norfolk wide approach

### **Who should attend?**

**Managers/Operational leads from both public and private sector organisations, specifically those with operational responsibility for delivering or providing services to communities, individuals and families across Norfolk.**

### **Workshop themes**

1. Transport – licensing, taxi company, British transport police, bus company, Greater Anglia, police
2. Street dealing – police, CGL, CCTV, shopping centre owners, street enforcement teams, NYOT
3. Cuckooing – housing (homelessness and RSL), CGL, leisure, parks, community development
4. Leaving care – children's homes, leaving care team, police, looked after children team, NYOT
5. School exclusions – early help, school headteachers, school pastoral care,
6. Health – acute trusts, GPs, healthy child programme, public health
7. Vulnerable adults
8. Strategic planning

### **Date and Venue**

**18<sup>th</sup> October 2019, 9.00am – 12.30pm, Kings Lynn Town Hall, Saturday Market Place, King's Lynn, Norfolk, PE30 5DQ. There is no charge to attend this event.**

There is parking at the venue and several local car parks in the area. Information can be accessed here [https://www.west-norfolk.gov.uk/info/20184/find\\_a\\_council\\_car\\_park/342/car\\_parks\\_in\\_kings\\_lynn](https://www.west-norfolk.gov.uk/info/20184/find_a_council_car_park/342/car_parks_in_kings_lynn)

### **How to book**

To register your attendance please respond via email to [communitysafety@norfolk.gov.uk](mailto:communitysafety@norfolk.gov.uk) stating your name, the organisation that you represent and your role. **Please include 'Kings Lynn County Lines Workshop' in the email header.**

Please note: you may have previously registered your interest in this event which was originally scheduled for a September delivery. Due to unforeseen circumstances this has been re-scheduled to October, so please re-apply if you wish to attend

# The Fire Fighters Charity Comedy Fundraiser

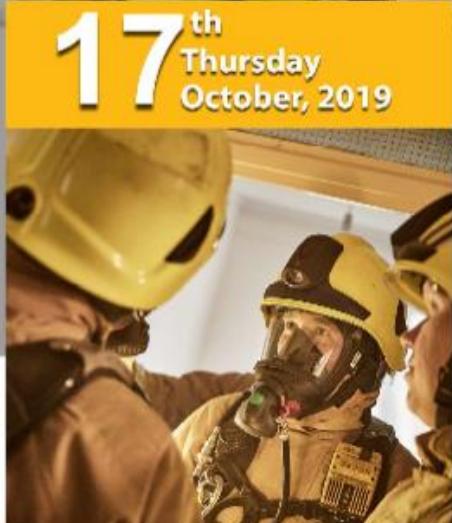


## COMEDY FUNDRAISER



PETAL EVENTS

Tickets available at  
[www.petalevents.co.uk](http://www.petalevents.co.uk)



17<sup>th</sup>  
Thursday  
October, 2019

- Drinks Reception
- Exclusive Stand Up Comedy Show
- Auctions & Raffle Prizes
- Meet & Greet Party

Doors Open: 7pm

Meet & Greet Party: 10:45pm

Event Start: 8pm

Close: Midnight

 Saints Event Venue,  
217 Yarmouth Rd,  
Norwich, NR7 0SQ



## Martin Westgate



## Chris Kent



## Ben Norris

## David Ward

The Fire Fighters Charity comedy night is fast approaching and is a great opportunity for anyone to come down and enjoy an evening of entertainment in aid of the extremely worthwhile cause of the Firefighter's charity. The evening will showcase three comedians who perform on the national circuit and the home grown talent of Martin Westgate.

The compere Dave Ward is very much in demand. He's a friendly upbeat comic with a cynicism that gives his comedy a unique gentle bite. He's appeared at the Comedy Store, Jongleurs and many other live events. He's supported Harry Hill and Frank Skinner and has appeared on Sky (Richard Littlejohn Show), C4 and on the BBC.

Our headliner is local firefighter's son Martin Westgate who appeared on Britain's Got Talent last year and is very kindly donating his time to raise funds for the Charity which could support his father should he ever need it.

Chris Kent, our second act hailing from Cork, Ireland and has appeared at the Edinburgh Festival and on Russell Howard's Stand Up Central show.

Ben Norris our third act is the cousin of actor Martin Freeman. He's appeared on 'Mock the Week' BBC1, 'The Comedy Store' Paramount and Comedy Central, 'Never mind the Buzzcocks' BBC2 and 'They think it's all over' BBC2. He's also appeared at the Apollo, Hammersmith and was Ed Byrne's tour support for his 2013 UK tour.

Many Norfolk Firefighters, colleagues and their families have been supported by all the Services that the Charity has to offer and this is an ideal and fun way to generate the much needed funds to allow this service to continue

# Your Voice in South Norfolk

## Your Voice in South Norfolk

Network for later life

Formerly South Norfolk Older People's Forum



**New members always welcome!**

### **Next Meeting**

**Wednesday 23<sup>rd</sup> October 2019**

10am until 1pm

At South Norfolk District Council Offices  
Swan Lane,  
Long Stratton,  
NR15 2XE

### **Main Topics include:**

The Norfolk and Norwich Hospital 'Settle in Service'  
following patient discharge from Hospital.

Age UK, Living Wills, Power of Attorney, Advanced  
Decisions.

Adult Social Services, Early and Prevention Services.

Information and advice stands on display.

There will be time for question and answer sessions after  
each talk.

If you require transport please call Malcolm Court on  
**01508 570461** by 5pm on 7<sup>th</sup> October 2019.

# Love Not Hate Vigil - Norwich

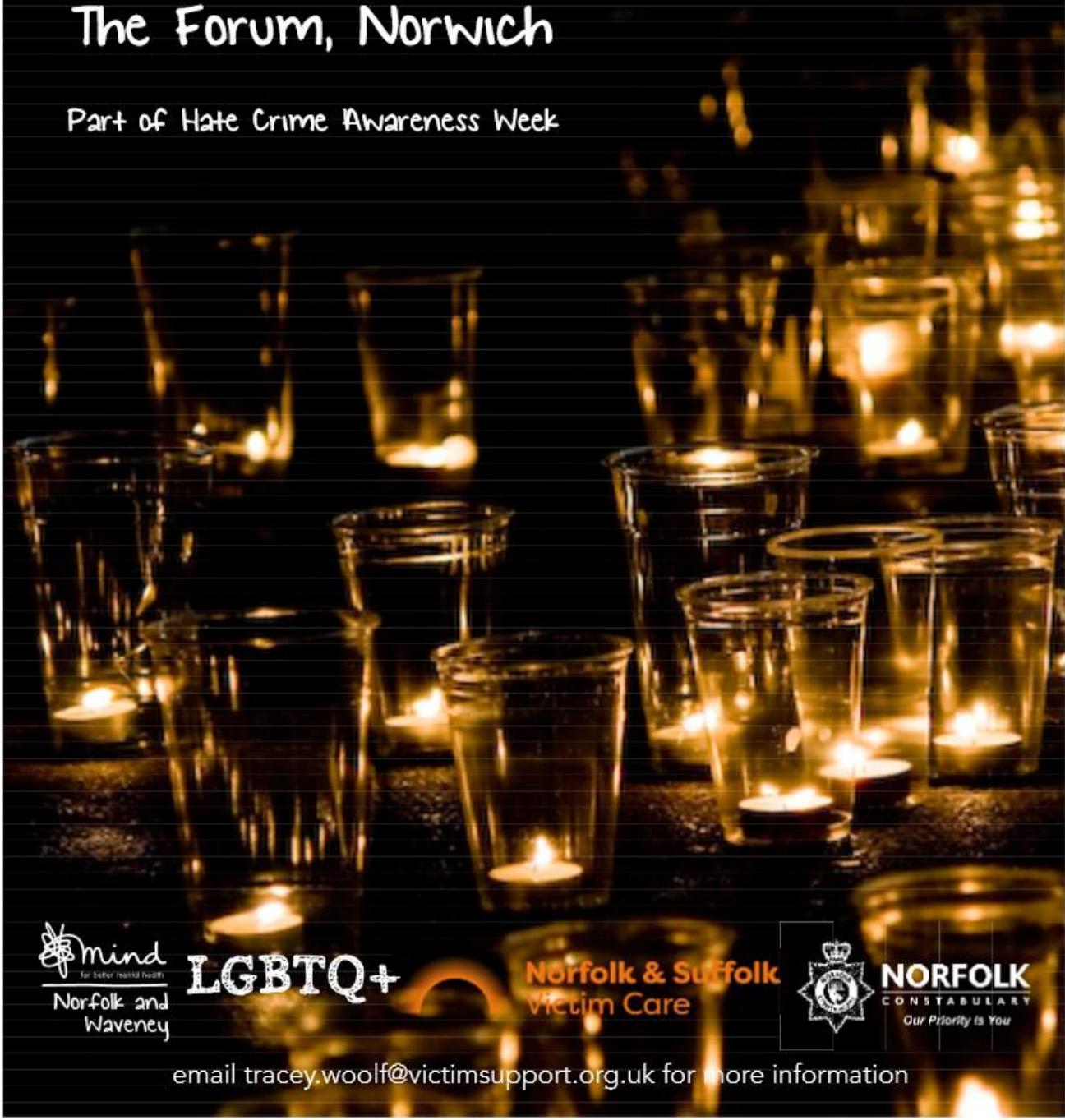
#LoveNotHate Vigil

Tuesday 15th October 2019

7.30pm

The Forum, Norwich

Part of Hate Crime Awareness Week



LGBTQ+

Norfolk & Suffolk  
victim Care



NORFOLK  
CONSTABULARY  
Our Priority is You

email [tracey.woolf@victimsupport.org.uk](mailto:tracey.woolf@victimsupport.org.uk) for more information

# Client Finance Services Event



**Norfolk**  
County Council

## Client Finance Services

### We are holding an event for Professionals & Organisations.

To provide other Professionals and Organisations who support people in Norfolk with details of the recent Changes to Charging Policy, the newly formed Money Support Service and the Welfare Rights Team.

- The Financial Assessment Team will provide information on Financial Assessments for Adult Social Care, Changes to Charging Policy and Disability Related Expenditure (DRE).
- The Money Support Service will explain how they are supporting our service users with their finances and how we link in with the other Organisations.
- The Welfare Rights Team will discuss how they support people with benefits and appeals.

If you would like to find out more, please come along and join us.

Please confirm your attendance for refreshment numbers via email to:

[carmen.fuentes@norfolk.gov.uk](mailto:carmen.fuentes@norfolk.gov.uk)

### When and where?

October

**14**

Monday 14<sup>th</sup>  
October 2019

2pm - 3.30pm

The Willow Centre  
1-13 Willowcroft  
Way  
Cringleford  
Norwich  
NR4 7JJ

# Assist Trust-Family Support Network

Calling all  
families and  
carers!

**ASSIST**  
**TRUST**

Support, Progression, Success!

# FAMILY SUPPORT NETWORK

Come and meet other parents,  
families and carers, share  
your experiences and find  
mutual support

**Wednesday 23rd October**  
7-9pm  
Lazar House, NR3 4HX





Join Assist Trust for the launch of their Family Support Network – themed evening events for families and carers to share their hopes and dreams and find answers to questions about the future

Assist Trust will host and facilitate these events but we hope your input will guide the topics for discussion on each occasion. We hope to invite specialist speakers to present each time and can hopefully find answers to the questions that arise – or at least signpost towards others who could help.

This first get together will have a housing focus but there will be plenty of time to discuss other topics and for you to meet others and to suggest ideas for future meetings.

We really hope that these quarterly get togethers will help families and carers meet and support each other. There are lots of people who have overcome all sorts of obstacles for the people they support and their experience can help others plan for the future or to cope with challenging situations.

Please come along and give it a try!  
(All parents and carers of adults with learning disabilities are welcome – not just those who attend Assist Trust services).

**ASSIST  
TRUST**

Support, Progression, Success!

# Kids Camp – South Norfolk Council



## Halloween fun this half term

21 - 25 October

- Spooky activities
- For ages 5 - 15
- Full or half days (£27 / £18\*)
- Convenient early drop-off and late pick-up

\*Discounted rate available for Leisure Passports

Kids Camp is Ofsted registered

Childcare vouchers accepted

Book at [south-norfolk.gov.uk/kidscamp](http://south-norfolk.gov.uk/kidscamp)



# Prince's Trust – Football Coaching



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

The Prince's Trust, in partnership with **Community Sports Foundation**, are offering a FREE one week training course which gives you a fantastic opportunity to start a future in **Football Coaching**

Programme  
Location  
Interviews

Monday 14th October - Friday 18th October 2019  
The Nest, Norwich  
week commencing 30th September 2019

Delivered in partnership with:



**COMMUNITY SPORTS  
FOUNDATION**

- Undertake and introduction to football coaching
- Work towards 2 AQA awards in '**Basic Football Skills**' and '**Introduction to Coaching**'
- Plan, play and deliver a mini football tournament
- 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
- Lunch provided everyday

**LIMITED PLACES AVAILABLE**

To join the course or find out more:

Call for Free on **0800 842 842**



Prince's Trust

**YOUTH  
CAN  
DO IT**

# Mulbarton and District Men's Shed

## MULBARTON AND DISTRICT MEN'S SHED

Are you a man or know  
a man who:



- Is looking for something to do?
- Wants to make friends?
- Would like to have a chat and a laugh?
- Wants to learn new skills?
- Would like to share your skills and knowledge?

*If so a men's shed could be for you*

*Want to help set one up?*

*Want to find out more?*

THEN COME ALONG TO:

**HARVEST HOUSE, MULBARTON**

ON: **TUESDAY 22 OCTOBER**

TIME: **2 PM**

Guest speaker: Henry Gowman, Norfolk Ambassador for  
Men's Sheds

Refreshments

**FREE ENTRY**

SUPPORTED BY MULBARTON PARISH COUNCIL

[www.mensshed.org.uk](http://www.mensshed.org.uk)

# South Norfolk YAB Activities

South Norfolk Youth Advisory Board (YAB)

## Activities for young people in South Norfolk September 2019 onwards



### Activities that are outside

|                         |   |
|-------------------------|---|
| 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, calm, 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. |
|----------------------------|---|

### 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. This session is supported by a large team of youth workers. For young people of high school age.  |
| 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. This group of young people meet every three weeks to discuss issues that are important to them, and talk with other people who can influence change. For young people aged 13 – 19 years. |

### Activities that help you develop skills and get qualified

|                    |   |
|--------------------|---|
| Dates to be agreed | <u>First Aid Certificate, Food Hygiene Certificate, Introduction to Health and Safety at Work, and Fire Safety at Work</u> – accredited courses to enhance your CV. Give us your name and contact details and we will let you know the dates of the next courses. For young people aged 13 - 19 years.  |
| Dates 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, 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 <a href="mailto:graham@mtmyouthservices.org.uk">graham@mtmyouthservices.org.uk</a> or fill in the slip below, and he will contact you. This service is for young people aged 15+. |

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](http://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 / other.....

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](mailto: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/>



# Qube Club- Costessey

**QUBE**  
QUEENS-HILLS URBAN BISCUITS EATERS!!!!!!

**FREE MEMBERSHIP**

**WE MEET FORTNIGHTLY** (TERM TIME ONLY)  
**MONDAYS 6:30 - 8:30PM**

**FIRST SESSION FREE THEN £1 PER SESSION THERE AFTER.**

- ★ **TUCK SHOP**
- ★ **CHILLAX WITH FRIENDS**
- ★ **ART & CRAFTS**
- ★ **DODGE BALL & TEAM GAMES**
- ★ **XBOX**
- ★ **COMMUNITY GARDEN**
- ★ **POOL**
- ★ **AIR HOCKEY**
- ★ **BADMINTON**
- ★ **TABLE TENNIS**

*Come along & have fun!*



For more information please contact Kerry or Hannah on:  
**Tel: 07887 950002 or 07825 916888**  
**Email: [kjyouthwork@hotmail.co.uk](mailto:kjyouthwork@hotmail.co.uk)**

Working in partnership with Costessey Town council.

# Costessey Youth Posse



FREE ENTRY  
FOR YOUR  
1ST WEEK  
THEN £1  
PER SESSION

OPEN FORTNIGHTLY ON MONDAYS 6:00 - 8:00PM  
COSTESSEY CENTRE (LONGWATER LANE) TERM TIME ONLY  
SCHOOL YEARS 6 - 11

- SPORTS & POOL
- TABLE TENNIS
- AIR HOCKEY
- XBOX
- ART & CRAFTS
- LIFE SKILLS
- GAMES & QUIZZES
- COOKING
- THEMED NIGHTS



LET THE  
FUN BEGIN!

A large, stylized graphic of a handprint in white on a pink background. The handprint is oriented with the fingers pointing upwards and to the right. Inside the handprint, the words 'LET THE FUN BEGIN!' are written in a bold, black, sans-serif font.

For more information please contact Kerry or Hannah on:

**Tel: 07887 950002 or 07825 916888**  
**Email: [kjyouthwork@hotmail.co.uk](mailto:kjyouthwork@hotmail.co.uk)**

KJ Youth Work Services working in partnership with Costessey Town Council

# Grow Together - Norwich



## Grow Together



Join us at the Boundary Pub and be part of creating a new community garden, which will grow fresh produce for the benefit of the local community. Come along and enjoy the following benefits:

- Grow fresh food for yourself
- Learn about nature, plants and gardening
- Improve your fitness and health
- Meet new people and be part of a friendly group that gives to the wider community
- Free hot drinks will be provided for all members of the Grow Together group

Starts Monday 7th October, 1-3pm, running weekly except on Bank Holidays.

**Boundary Pub, 414 Aylsham Road, Norwich, NR3 2SA**

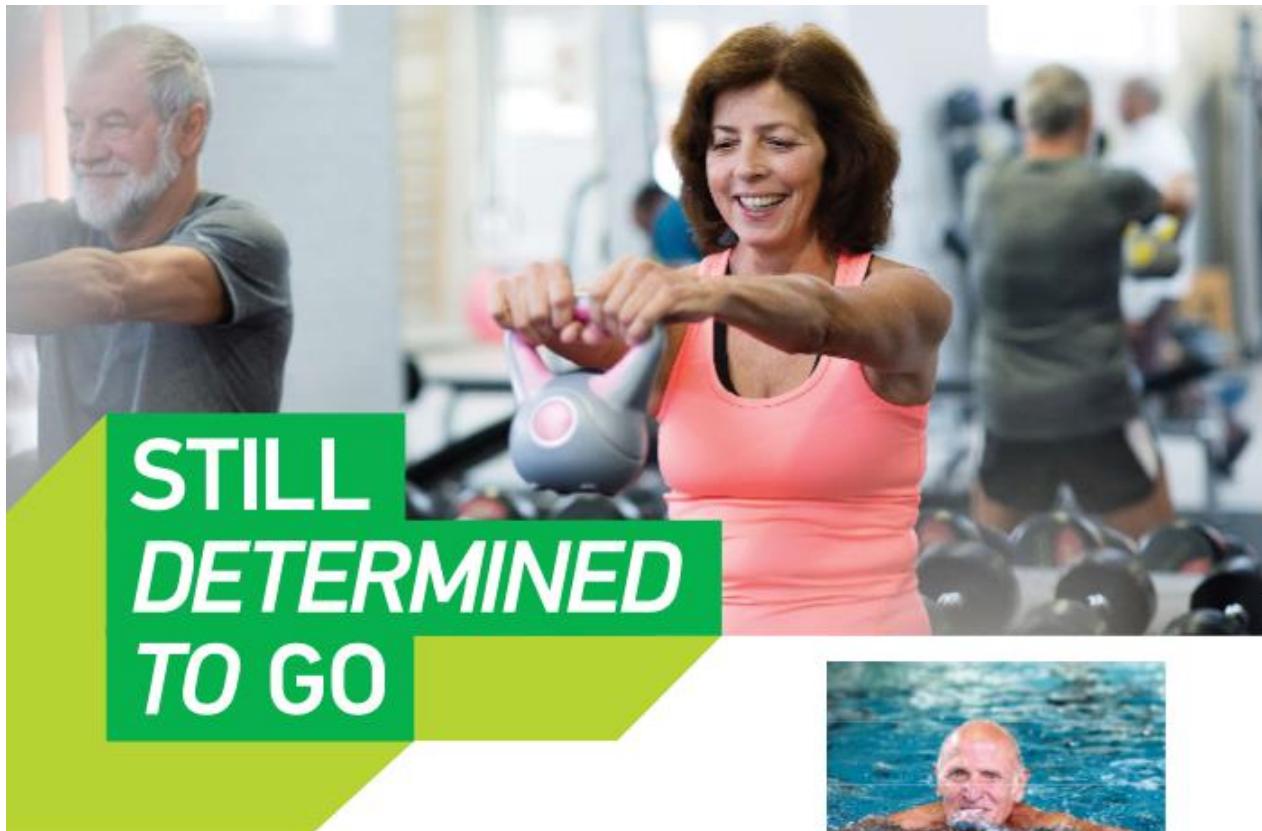
*For adults aged 18+. On days when the weather is bad we will work indoors - in the warm!*

**To book:**

Just turn up or email Colin: [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk)



# Still On The Go – South Norfolk



We're offering free physical activities in South Norfolk, for people over 55 who currently do less than 30 minutes exercise a week.

These activities include swimming, fitness and strength exercise sessions, gym use and dance. Sessions will be tailored to suit different abilities and will be fun, whilst having social and health benefits. Activities take place on different days and times during the week in:

- Wymondham Leisure Centre
- Diss Leisure Centre
- Long Stratton Leisure
- Saffron Housing supported schemes across South Norfolk

If you would like to take part and join in with our free sessions, we ask you to complete a short Health & Wellbeing Questionnaire. To find out more speak with your Project Co-ordinator:

call **01603 731649** or **07436 807814**  
email [stillonthego@cotman-housing.org.uk](mailto:stillonthego@cotman-housing.org.uk)



 **Cotman**  
Housing Association  
Part of Places for People

 **SPORT**  
**ENGLAND**  
**LOTTERY FUNDED**

# Talk and Tea with Tina- Costessey

## Talk And Tea

With Tina

### COFFEE & TEA MORNING

### Breckland Hall Costessey

Dates For Your Diary Tuesday 24th September

10.00am-1.00pm

We Are Now Doing Card Making Bring Your Old Cards And Recycle  
And Make New 11.00am Embroidery Will Take Place later in The  
Year

Chat with a Cuppa & Biscuit We Also Have A Book Corner Board  
Games

Tuesday 29th October 10am-1pm Bring in Old Pictures  
of Costessey We Will Have Some Interesting Pictures

And Chat On the Past Or just Come and Listen Have a Cuppa And  
Biscuit

Tuesday 26th November 10am-1pm If You Have A Craft That You  
Enjoy And would Like To Share Please Get In Touch And We Will  
Chat With Cuppa & Biscuit Also More Memorabilia

Tuesday 17th December Xmas Fair 9.30-1pm  
To Continue Running Our Coffee Morning

If you would like any info or would like To Do a Craft Please or a  
stall contact 928174

# Open- Norwich- Activities 11-17 year Olds

**A free, fun, safe place  
for 11-17 year olds**

**open**  
DROP IN  
YOUTH HUB

**School Term Time**

**Monday 3.00pm - 6.00pm**  
**Tuesday - Thursday 3.00pm - 7.00pm**  
**Saturday 10.00am - 6.00pm**

**School Holidays**

**Tuesday - Thursday & Saturday's**  
**10.00am - 6.00pm**

**Air Hockey Machine \ Pool Tables \ Table Tennis**  
**Advice & Support \ Café**



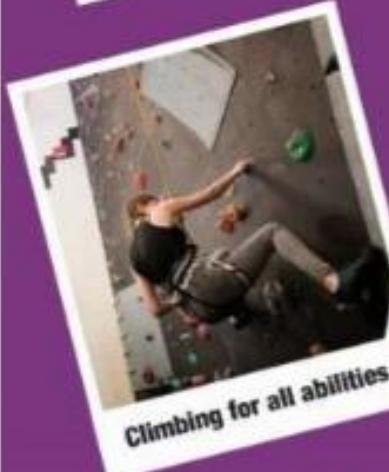
**Gaming Area**



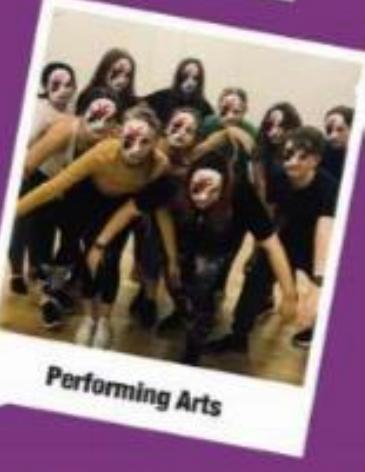
**Drop In**



**Café**



**Climbing for all abilities**



**Performing Arts**



**Gym Sessions**

**Turn over to see our full  
timetable of activities!**

**t: 01603 252110**

**e: activities@opennorwich.org.uk**  
**or visit [opennorwich.org.uk](http://opennorwich.org.uk)**  
**for more info!**

**OPEN Youth Trust**

**28 Castle Meadow | Norwich | NR1 3DS**

**[facebook.com/OPENNorwich](http://facebook.com/OPENNorwich) | [twitter @OPENNorwich](http://twitter.com/OPENNorwich)**

**Making a positive difference to the lives of young people in Norfolk**

**Reg Charity No: 1108712**



## Activity Timetable

(term time only)

|           |                           |                 |             |
|-----------|---------------------------|-----------------|-------------|
| Tuesday   | Junior Ascenders Climbing | 5pm - 6pm       | Age 7 - 11  |
|           | Junior Ascenders Climbing | 6pm - 7pm       | Age 7 - 11  |
|           | Junior Contemporary Dance | 5pm - 6pm       | Age 7 - 11  |
|           | Senior Musical Theatre    | 6pm - 7pm       | Age 12 - 17 |
|           | Junior OPEN Creatives     | 5pm - 6pm       | Age 7 - 11  |
|           | Senior OPEN Creatives     | 6pm - 7pm       | Age 12 - 17 |
| Wednesday | Junior Musical Theatre    | 6pm - 7pm       | Age 7 - 11  |
|           | Senior Jazz               | 5pm - 6pm       | Age 12 - 17 |
|           | Senior Ascenders Climbing | 5pm - 6pm       | Age 12 - 17 |
|           | Senior Ascenders Climbing | 6pm - 7pm       | Age 12 - 17 |
|           | Junior MAS Photography    | 5pm - 6pm       | Age 7 - 11  |
|           | Senior MAS Photography    | 6pm - 7pm       | Age 12 - 17 |
|           | Circuits                  | 4.45pm - 5.30pm | Under 18's  |
| Thursday  | Junior Ascenders Climbing | 5pm - 6pm       | Age 7 - 11  |
|           | Taster Climbing Session   | 6pm - 7pm       | Families 7+ |
|           | Hive Mind                 | 5pm - 7pm       | Age 12 - 17 |
|           | Junior Street             | 5pm - 7pm       | Age 7-11    |
|           | Senior Street             | 6pm - 7pm       | Age 12 - 17 |
|           | Contemporary Dance        | 7pm - 8pm       | Age 12 - 17 |
|           | Unleash Drama             | 8pm - 9pm       | Age 12 - 17 |
| Saturday  | Youth Forum*              | 10.30am - 12pm  | Age 12 - 17 |
|           | Junior Ascenders Climbing | 10am - 11am     | Age 7 - 11  |
|           | Taster Climbing Session   | 11am - 12pm     | Families 7+ |
|           | Senior Ascenders Climbing | 1pm - 2pm       | Age 12 - 17 |
|           | OPEN Music                | 1pm - 2pm       | Age 7-11    |
|           | Jam Session               | 3pm - 5pm       | Age 12-17   |

\*(Meets 1st Saturday of each month)

Booking for all activities is required in advance - PTO for contact details.

# Action for Children Activities Programme

**Free activity programme for 0-5s provided by Action for Children in South Norfolk**  
**Activities start from 7th October 2019**

| Activity   | Time  | Venue   |
|--|---|---|
| <b>Monday</b>  |   |   |
| <b>Toddler Days</b> - Drop in play session for children 0-5 years and their parents and carers | 10.00 - 11.00   | Long Stratton ECFS base<br>Manor Road<br>Long Stratton<br>Norwich<br>NR15 2XR |
| <b>Tuesday</b>   | <b>Toddler Days</b> - Drop in play session for children 0-5 years and their parents and carers                | 10.00 - 11.00   |
|  | <b>Music Group</b> - Delivered by musical keys  | 9.30 - 10.15  |
|  | <b>Outside Group</b> - An outside play session where children can plant and grow- no matter what the weather! | 1:30 - 2:30   |
|  | <b>Baby Days</b> - Drop in play session for pre-walkers and their parents/ carers                             | 1.45 - 2.45   |
| <b>Wednesday</b>   |   |   |
| <b>Baby Days</b> - 4th Wednesday of the month, health visitor weighing session                 | 10.00 - 11.00   | Long Stratton ECFS base<br>Manor Road<br>Long Stratton<br>Norwich<br>NR15 2XR |
| <b>Music Group</b> - Delivered by musical keys   | 1.30 - 2.30   | Diss ECFS base<br>Fitzwalter Road<br>Diss<br>IP22 4PU                         |
| <b>Thursday</b>  | <b>Toddler Days</b> - Drop in play session for children 0-5 years and their parents and carers                | 10.00 - 11.00   |
|  | <b>Toddler Days</b> - Drop in play session for children 0-5 years and their parents and carers                | 2.00 - 3.00   |
|  | <b>Tiny Talk</b>  | 10.00 - 11.00   |

For a more detailed programme of additional activities in your community visit [norfolk.gov.uk/earlychildhood](http://norfolk.gov.uk/earlychildhood)

# **FISH Holiday Club – Long Stratton**

## **‘Fish’ Holiday Club**

### **What is it?**

A new scheme in Long Stratton 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:

- October Half Term:
  - Friday 25 October 2019
- Christmas Holidays:
  - To be announced soon

### **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)

# City of Wellbeing Initiative- Norwich

## Norwich organisations come together in city of wellbeing initiative

A collaborative initiative to support the emotional wellbeing of Norwich residents will begin on World Mental Health Day (10th October).

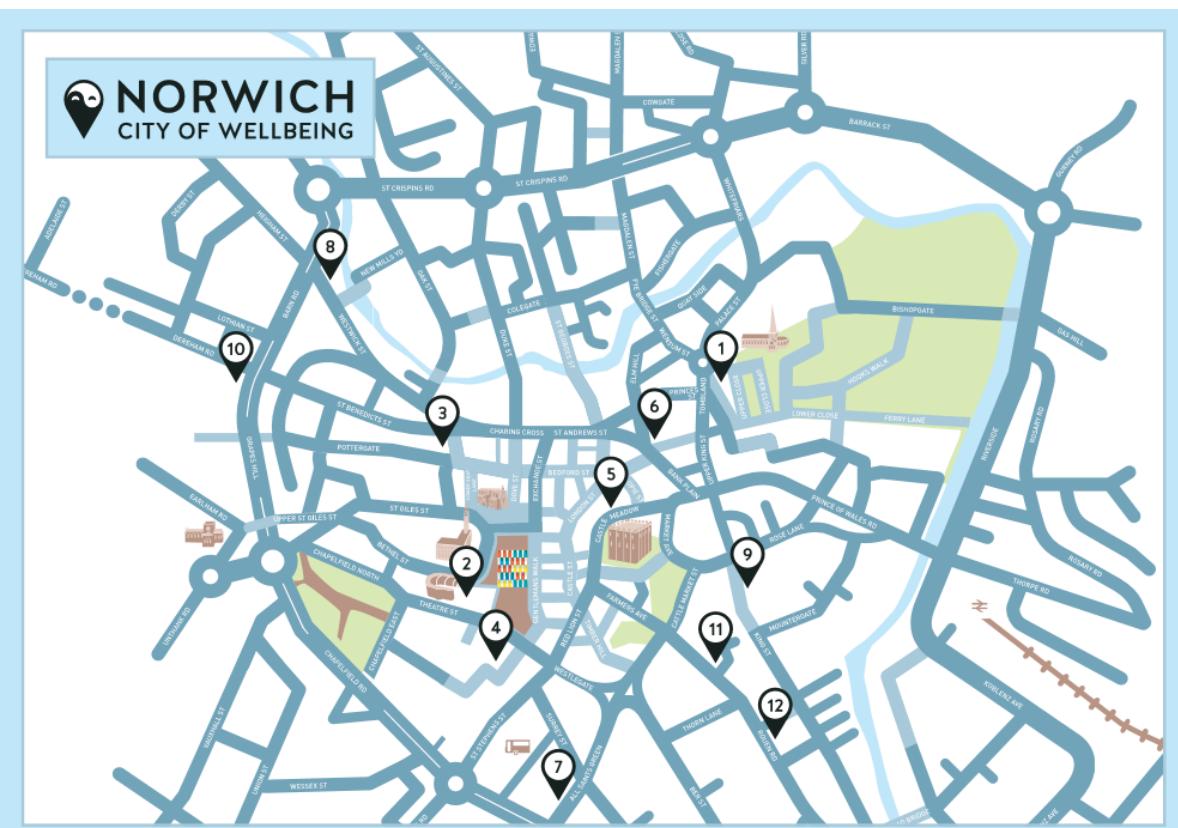
The ‘City of Wellbeing’ initiative brings together charities, religious organisations and local businesses in the city centre, that can lend a listening ear to people experiencing emotional distress.

The scheme - devised by Healthwatch Norfolk - has so far had 12 organisations sign up to participate, including; Norwich Cathedral, Cropper’s barber shop, Grape’s Hill Community Garden, as well as various cafés and religious organisations across the city centre.

An appeal has been made by Healthwatch Norfolk for other businesses, charities and religious organisations in Norwich to offer to be included as a supporting location on the City of Wellbeing initiative in the future.

If you would like to attend the launch, or are interested in being included as a Norwich City of Wellbeing location, contact Healthwatch Norfolk by emailing, [enquiries@healthwatchnorfolk.co.uk](mailto:enquiries@healthwatchnorfolk.co.uk) or calling on 01953 856029.

Find out more about the scheme and the launch on 10<sup>th</sup> October by following this link - <https://www.healthwatchnorfolk.co.uk/news/norwich-organisations-come-together-in-city-of-wellbeing-initiative/>



# Better Together



Creating Connections | Building Communities

# Give • Get • Do

We are Better Together



Do you want to  
**get out more?**

Meet new people?  
Rekindle a hobby  
or interest?

Do you need practical  
information and advice  
around **money, transport,  
health and care or  
housing issues**  
before you feel ready  
to take part?

Do you want to be  
**more involved  
in your community;**  
contributing your skills,  
knowledge and  
experience?

**Better Together**  
brings people  
together and offers  
information, advice  
and support to help  
you make the most  
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opportunities in  
your area.

Call our FREE helpline to  
speak to one of our friendly  
team and find out more:

**0300 303 3920**

[www.bettertogethernorfolk.org.uk](http://www.bettertogethernorfolk.org.uk)

 **better  
together**

Creating Connections | Building Communities

# Norfolk Assistance Scheme



The Norfolk Local Assistance Scheme, (now known as the Norfolk Assistance Scheme (NAS)), was introduced in April 2013 as part of the Localism Agenda to replace parts of Discretionary Social Fund.

Over the past year, the scheme has been developed and improved by implementing an in-house model which launched on 1<sup>st</sup> July 2019. The scheme provides household goods through reuse awards and cash grants with personalised essential holistic support.

**The aim of NAS is to support independent living and help Norfolk residents in crisis situations where their needs cannot be met by other organisations. As the awards that we offer are grants they do not have to be paid back.**

**The types of Award that we offer are:**

- Grants for Items  
To support independent living, the grant can be used, for example, to set up their home following a period of institutional care. The grant helps with the cost of essential household items which includes; cookers, washing machines, beds, table and chairs and more.
- Cash Grants
  - Fuel (electricity and gas)
  - Daily living expenses
  - Child daily living expenses

The points required for successful application have been reduced. The scheme can therefore support a wider range of individuals and improve the daily living of a higher number of Norfolk people. This model has been designed to link in with Adult Social Services 1<sup>st</sup> conversation (*initial contact "How can I connect you to things that will help you get on with your life ....."*) and NCC Living Well (*Norfolk County Council is committed to supporting vulnerable people, promoting and providing options for people to remain independent*)

NAS Advisors provide a wrap-around service to support individuals throughout the application process whereby applicants and/or their support organisations through multiagency working are assisted with sourcing other items and ongoing support via signposting/referring to alternative organisations.

Applications are to be made via an online form which can be found at <https://www.norfolk.gov.uk/NAS>. Individuals who wish to apply to the scheme but do not have access to the internet, can be supported by our dedicated NAS Team who will complete the application over the telephone via **01603 223392 option 5**.

**If you have any questions about the scheme or would like any further information, please contact the NAS Team on 01603 223392 option 5 and a member of staff would be happy to assist you.**

# Flu Vaccinations Press Release



Great Yarmouth and Waveney  
North Norfolk, South Norfolk  
Norwich, West Norfolk  
Clinical Commissioning Groups

## Media release

**18<sup>th</sup> September 2019**

### **GP Surgeries open their doors to offer the flu vaccination**

GP surgeries across Norfolk and Waveney are gearing up to provide special clinics to offer patients their annual flu jab.

Children aged between 2 and 10 years old will be offered the nasal spray vaccination. The adult flu vaccine is offered free to those in groups at particular risk of infection and complications from flu.

The groups being offered the adult flu vaccine are:

- Pregnant women
- Those aged 65 or over
- Those aged under 65 with long-term conditions
- Carers

GPs are asking their patients to book a place in forthcoming flu clinics as soon as they are advertised. Alternatively, you can visit your nearest participating pharmacy.

GP surgeries are also testing atrial fibrillation in patients over the age of 65. Although flu vaccinations are available from other outlets it is only GP surgeries who are offering the additional check for abnormal heart rates at the same time.

In addition to the atrial fibrillation and flu vaccination applicable patients are able to receive Pneumococcal vaccines protecting patients against the bacteria *Streptococcus pneumoniae*. The vaccine can prevent some cases of pneumonia, meningitis, and sepsis. A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS.

Dr Anoop Dhesi, Chair of North Norfolk CCG and Partner at Stalham Staithes GP Surgery said: "Flu can be incredibly unpleasant for many people but for a select few it can be fatal. The best way for people to protect themselves and loved ones around them is to get the vaccination on offer especially those offered it for free on the NHS."

Dr Louise Smith, Director of Public Health said: "If you have a bad cold or the flu, you are best to manage your illness from home, without seeing a doctor or visiting a hospital. You shouldn't need to see your GP unless the symptoms become particularly severe, last far longer than usual or if you have a long-term health condition. If you think you might be suffering from flu and are concerned that your symptoms are worsening you can call NHS 111 for advice."

A previous pilot programme showed vaccinating children had dual benefit; as well as protecting them from flu, it also protects others, such as parents, grandparents and siblings, as children are 'super spreaders' and are much more likely to infect others.

# Malnutrition Awareness Week - Survey



## National survey of malnutrition and nutritional care

**14th - 20th October**

As part of UK Malnutrition Awareness Week 2019 (founded by the British Association for Parenteral and Enteral Nutrition (BAPEN) and the Malnutrition Task Force), we will be running a national malnutrition screening survey to help us understand more about the prevalence of malnutrition in adults and gain insights into the nutritional care they receive.

We would like to have as many people as possible across all health and social care settings (hospitals, care homes, mental health units, GP practices, domiciliary settings etc) to get involved during this week so we can get as big a survey as possible.

A simple electronic portal accessed via the BAPEN website and will allow you to quickly and easily input your data.

**We really need your help to make this a success so mark the week in your diary, it's a 'MUST'!**



### 5 EASY STEPS to get involved in the screening survey and help us make the most of UK MAW:

1. Register for access to the UK MAW screening portal so you are all ready to capture data during the week visit <https://data.bapen.org.uk/maw/maw-home>
2. Tell other colleagues about the week and encourage them to register too
3. Use 'MUST' to screen for malnutrition during UK MAW week from 14th – 20th October 2019
4. During the week enter your data into the portal, it is quick and simple to use and will do all the calculations of 'MUST' (Malnutrition Universal Screening Tool), for you from the data you enter.
5. To find out about other UK MAW activities logon to the BAPEN website [www.bapen.org.uk/malnutrition-undernutrition/combating-malnutrition/malnutrition-awareness-week](http://www.bapen.org.uk/malnutrition-undernutrition/combating-malnutrition/malnutrition-awareness-week)



**Malnutrition Task Force**  
Eating and drinking well in later life

# Norfolk Family Carers



## Young Adult Carers Personal Development Fund

Grants of up to £250 for young adult carers aged between 16-24, who provide care for a family member needing help due to disability, physical or mental health problem or addiction.



**Our Personal Development Fund offers grants of up to £250 for young adult carers looking to gain new skills while having a break from their caring role.**

**We offer support in finding a suitable course of their choice which will build self-esteem, provide them with a sense of achievement, give them long lasting positive memories and help them to feel better about their caring role.**

**To qualify, young adult carers must:**

- **live in Norfolk**
- **demonstrate they are unable to fund the course themselves and can provide evidence their household income is below £25,000**
- **be able to attend the course without assistance**

**Applications by professional referral only.**

**Only one grant will be made per young adult carer in any two year period.**

**Courses must be in the UK.**

**For more information please contact us at:**

**e:** [info@norfolkfamilycarers.org](mailto:info@norfolkfamilycarers.org) **www.norfolkfamilycarers.org**

**f:** [/NorfolkFamilyCarers](https://www.facebook.com/NorfolkFamilyCarers) **t:** [@NFKFamilyCarers](https://twitter.com/NFKFamilyCarers) **t:** 01603 219924

Charity No: 1155684 Company No: 08565078

# Transport Options



**Norfolk County Council**

Transport options (and improving them) is a topic which is important to many people in Norfolk, especially as we are a large, and mainly rural, county. For an overview of many of the issues that make transport complicated and/or challenging Norfolk County Council has created a general transport information page:

<https://www.norfolk.gov.uk/care-support-and-health/support-to-stay-at-home/help-with-transport>

The following information is intended to help people with some of the more common transport challenges people face on a day to day basis. Information is best viewed online as you will have a better overview of the information available. Contact telephone numbers have been provided where this is not an option.

## **You don't drive/don't have a car, but can access public transport**

**Suggestion:** Traveline has a useful website which enables you to check train and bus options for specific times and dates. Do check:

<http://www.travelineeastanglia.org.uk/>

If you need help to plan a journey, Traveline's national call centre can be contacted on 0871 200 2233 between 7am and 10pm seven days a week (more limited hours at Christmas/New Year). Calls cost 12p per minute plus your phone company's access charge.

## **You don't drive and can't access public transport**

**Suggestion:** This enables anyone to search (for a specific address in Norfolk) community transport options. This includes flexi buses and dial a ride schemes. You can filter the results by day of the week and the type of journey.

Telephone 0344 8008020

<https://maps.norfolk.gov.uk/findyourtransport/>

## **There are no public transport options available to a specific destination**

**Suggestion:** Check if Transport Plus may be able to help (this needs to be booked at least 3 working days in advance, subject to availability and meeting eligibility criteria).

Telephone 0344 8008020

<https://www.norfolk.gov.uk/roads-and-transport/public-transport/community-transport/what-is-transport-plus>



## **Other barriers to using different transport options**

**Low income** - many people are planning to make the same journey as another person. Liftshare enables people to either get some money for their petrol costs if they share their car with another passenger or contribute towards another person's car costs by sharing the journey with them.

<https://liftshare.com/uk/community/norfolk>

**Mobility** – please visit the transport options page for a list of wheelchair accessible taxis.

<https://www.norfolk.gov.uk/care-support-and-health/support-to-stay-at-home/help-with-transport>

The following link gives a short list for options in Norwich:

<http://norwichaccessgroup.org.uk/page6.shtml>

Breckland district council: 01362 656870

Broadland district council: 01603 431133

Great Yarmouth district council: 01493 856100

North Norfolk district council: 01263 513811

South Norfolk district council: 01508 533633

## **Transport for medical appointments**

For one off cost support for specific journeys (e.g. attending a specialist hospital appointment) check if the NHS will help with a travel cost refund (specific eligibility criteria applies). If you're referred to hospital or other NHS premises for specialist NHS treatment or diagnostic tests by your doctor, dentist or another primary care health professional, you may be able to claim a refund of reasonable travel costs under the Healthcare Travel Costs Scheme (HTCS).

You should take your travel receipts, appointment letter or card, plus proof that you're receiving one of the qualifying benefits, to a nominated cashiers' office to claim your travel costs. Nominated cashiers' offices are located in the hospital or clinic that treated you. They're responsible for assessing your claim and making the payment directly to you. You can make a postal claim up to 3 months after your appointment took place. Call 0300 123 0849 to order a paper copy of the form.

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/healthcare-travel-costs-scheme-htcs/>

Or a charity may be able to help, like the Cancer Community Chest fund (eligibility criteria applies). Telephone 01603 717 898.

<https://communitydirectory.norfolk.gov.uk/Services/5314>

# Jobs Club

Harleston  
information *plus*



**Drop in for employment support**

**Brockdish Village Hall**

**Tuesday 15th October 10am-12pm**

**Woodton Village Hall**

**Tuesday 29th October 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](mailto:jobsclub@harleston-norfolk.org.uk)**

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



# Connecting People – Long Stratton



## Connecting People



Do you ever feel lost for words or have trouble getting people to hear your message?

Explore how we communicate effectively. From speaking up at a meeting to going to a job interview, approaching professionals or talking to new neighbours. Improve your communication skills in unfamiliar situations.

**Come along to a free taster session on Wednesday 9th October from 5.45pm to 7.45pm.**

**The free 5 week courses starts on Wednesday 30th October, 5.45pm to 7.45pm.**

**Long Stratton High School, Manor Road, Long Stratton,  
NR15 2XR**

**To book:**

Email [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk) or call 01603 306530



# Get into Health and Social Care – Prince's Trust



## Are you 16-30? Not in Education, Employment or Training?

The Prince's Trust, in partnership with local Health and Social care providers, are offering a FREE employment training course, which gives you a fantastic opportunity to start a career within Health and Social care

**Programme:** Monday 11th November - Thursday 19th December 2019

**Location:** Norwich and the surrounding areas

**Interviews:** week commencing 7th October 2019



A social enterprise working in the people that matter



- Level 1 qualification in Preparing to Work in Adult Social Care
- Training in Food Safety Level 2, Infection Control, Dementia Friends and Manual Handling
- Experience a range of Health and Social Care work placements, moving between:  
**Admin, Estates, Facilities and Health and Social Care Support**
- Access to employers with LIVE Health and Social Care vacancies at a 'Get Hired' event
- Doesn't affect your benefits & travel expenses paid on programme (or by your Job Centre)
- Boost employability skills and access employment opportunities
- Up to 6 months mentoring support

**LIMITED PLACES AVAILABLE**

To join the course or find out more:

Call for Free on **0800 842 842**



**YOUTH  
CAN  
DO IT**

# Access to Childcare and Care Sector



Norfolk

Community  
College



## Access to Childcare & Care Sector

This new 'Access to...' course\* is a 6 session course, aimed at those looking for entry into the Childcare or Care Industry

- Get an introduction to the skills needed to gain employment within those areas
- Get on-site, certificated, vocational training
- Participate in visits to relevant employer premises
- Explore entry level career options
- Meet current employees within the chosen sectors
- Get support with applying for related courses or for employment applications



Course start date: Wednesday 16th October

To book a place, or refer someone, please call or email on the details below

*\* Fully funded. eligibility criteria applies, see overleaf*



[www.ace-project.org.uk](http://www.ace-project.org.uk) • [info@ace-project.org.uk](mailto:info@ace-project.org.uk) • 01603 720308



# Access to Childcare & Care Sector

2019 Course session dates:

- Wednesday 16th October
- Wednesday 23rd October
- Wednesday 30th October
- Wednesday 6th November
- Wednesday 13th November
- Wednesday 20th November

Places on this course are subject to the eligibility criteria below and are strictly limited, so early booking is advisable.

**Our contact details are below, please call or email for an application form.**



**Eligibility criteria;**

Aged 25 or over

Have the right to work in the UK

Been unemployed for the last 12 months

Live in Norfolk

Be open to the idea of making positive changes and motivated to progress into education, voluntary work, employment or training courses.



[www.ace-project.org.uk](http://www.ace-project.org.uk) • [info@ace-project.org.uk](mailto:info@ace-project.org.uk) • 01603 720308



# Access to Engineering / Mechanics



Community  
College



European Union  
European Social Fund

## Access to Engineering/Mechanics

This new 'Access to Engineering/Mechanics' course\* is a 6 session funded course, aimed at those looking for entry into the Motor Vehicle Engineering/Mechanics Industry

- Get an introduction to the skills needed to gain employment in the Motor Vehicle industry, or to move on to further training
- Get vocational training in an industrial workshop setting
- Visit employer premises or places of work
- Explore entry level jobs and get hands-on experience
- Hear from employees in the Motor Vehicle industry
- Get support with applying for further training, related courses or for employment opportunities within the sector



Course start date:  
Thursday 17th October

To reserve a place, or refer someone,  
please call or email on the details below

\* Fully funded. Eligibility criteria applies, see overleaf



[www.ace-project.org.uk](http://www.ace-project.org.uk) • [info@ace-project.org.uk](mailto:info@ace-project.org.uk) • 01603 720308



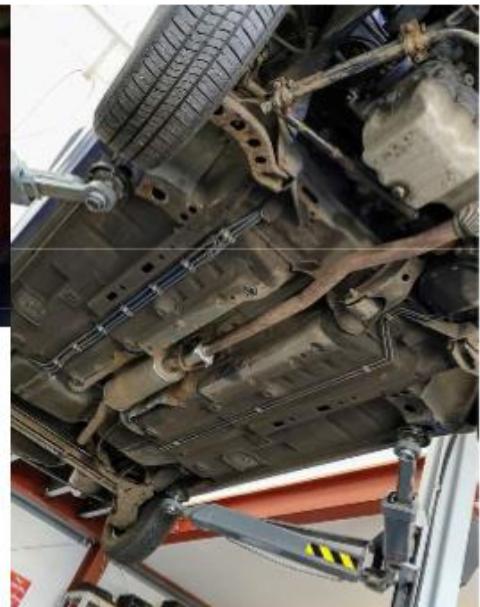
# Access to Engineering/Mechanics

2019 Course session dates:

- Thursday 17th October
- Thursday 24th October
- Thursday 31st October
- Thursday 7th November
- Thursday 14th November
- Thursday 21st November

All PPE and equipment is provided. Places on this course are subject to the eligibility criteria below and are strictly limited, so early booking is advisable.

**Our contact details are below, please call or email for an application form.**



**Eligibility criteria;**

Aged 25 or over

Have the right to work in the UK

Been unemployed for the last 12 months

Live in Norfolk

Be open to the idea of making positive changes and  
motivated to progress into education, voluntary work,  
employment or training courses

[www.ace-project.org.uk](http://www.ace-project.org.uk) • [info@ace-project.org.uk](mailto:info@ace-project.org.uk) • 01603 720308

