Training & Workshops

- Pick ‘N’ Mix- Bitesize Learning
- Healthy Habits for Your Head – Long Stratton Children’s Centre
- Embracing New Beginnings – Dementia Day, Swardeston
- Signs of Safety Development Sessions in South Norfolk

Conferences & Events

- Emotional Wellbeing Event in Long Stratton
- South Norfolk On Show 2019
- South Norfolk Community Awards ‘19
- International Women’s Day event
- Norfolk and Norwich University Hospital – Dementia Action Week ‘19
- Your Voice in South Norfolk (Formerly South Norfolk Older People’s Forum)
- Wymondham Community Kitchen – Community Lunch, 23rd March

Clubs & Groups

- South Norfolk YAB – Activities for Young People
- Cotman Housing – Make Your Move
- All Aboard! Local community responds to isolation issues
- Harleston Youth FC U12

Employment & Volunteering

- Harleston Information Plus – Jobs Club pop-ups
- Home Start – Volunteer Course in Tivetshall St. Margaret
- icanbea – What can you be?

Service Information

- Mencap – Survey for people with a learning disability

Grants & Funding

- Bitesize Learning-Fund Day
- PING! In the Community Grants

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
Pick ‘N’ Mix Bitesize Learning

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

How to set up a community group
28 March, The Crown, Costessey NR5 0EX

Promoting your group or activity
25 April, Queens Head, Wymondham NR18 0AR

Social media
30 May, Queens Head, Hethersett NR9 3DD

Funding options for community groups
20 June, The Old Feathers, Framingham Pigot NR14 7QB

Book your place at volunteering@s-norfolk.gov.uk
Find out more at www.south-norfolk.gov.uk/bitesize
Healthy Habits for Your Head – Long Stratton Children’s Centre

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

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

Join a free fun course to improve your skills

You will have the opportunity to:
• discover the 5 Ways to Wellbeing
• explore simple, practical ways to improve or maintain your mental health
• have fun and meet new people

To book a place fill a form in at:
Long Stratton Children’s Centre,
Or email: christine.flude@norfolk.gov.uk
Mobile: 0777 6474 491
Customer services: 0344 800 8020

www.norfolk.gov.uk/adultlearning
@NorfolkCLS
Norfolk Community Learning Services
Embracing New Beginnings – Dementia Day, Swardeston

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

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

South Norfolk Dementia Action Alliance

Embracing New Beginnings

a community day of workshops and conversations

Tuesday 5 March 2019
9.30am – 3.30pm

Join us to enjoy these talks and workshops:

Christine Herbert Using diet and natural medicine to ameliorate dementia
Mycal Miller ‘Memory Disco’: music as a trigger to un-block memory
Danuta Lipinska Sowing the seeds of Self-Care and New Growth
Angela Sellens Drake Some simple self-help reflexology to start every day

Cost £20 includes refreshments & Mangreen’s healthy lunch

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

Contact: Mangreen Trust, Swardeston NR14 8DD
01508 570444  events@mangreen.co.uk
These sessions are open to all Partners who would like to know more about the Signs of Safety approach.

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

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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 2 April</td>
<td>Words and Pictures</td>
<td><em>Child friendly plans to fully involve every member of the family</em></td>
</tr>
<tr>
<td>Thursday 9 May</td>
<td>Closures</td>
<td><em>Worry statements, goals and scaling</em></td>
</tr>
<tr>
<td>Monday 17 June</td>
<td>Wellbeing/safety planning</td>
<td><em>Shorter term and long-term wellbeing/safety planning</em></td>
</tr>
<tr>
<td>Wednesday 25 Sept</td>
<td>Wishes and Feelings</td>
<td><em>Various tools to help you ensure a child’s voice is heard</em></td>
</tr>
<tr>
<td>Tuesday 19 Nov</td>
<td>Genograms</td>
<td><em>What is included in one and why is it so important?</em></td>
</tr>
</tbody>
</table>

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

To confirm your place, please email: cs.earlyhelp.south@norfolk.gov.uk
## Activities that are outside

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays and Wednesdays in school holidays – 9th, 10th, 16th and 17th April</td>
<td><strong>Appleseed Care Farm</strong> - 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 <a href="http://www.appleseed.org.uk">www.appleseed.org.uk</a> (click on ‘YAB Taster Days’) and return asap to secure a place. If this is not possible, complete the slip overleaf.</td>
</tr>
<tr>
<td>Saturdays, once a month</td>
<td><strong>Visit to Clinks Care Farm</strong> 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.</td>
</tr>
<tr>
<td>9th and 23rd March</td>
<td><strong>Visit to Quaker Wood</strong> – 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.</td>
</tr>
</tbody>
</table>

## Activities that focus on your wellbeing

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Friday of each month</td>
<td><strong>Wellbeing and Social Sessions</strong> – 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.</td>
</tr>
</tbody>
</table>

## Activities that help you get involved

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly, Wednesdays 7- 8.30pm</td>
<td><strong>YAB Youth Club</strong> – 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.</td>
</tr>
<tr>
<td>Monthly sessions</td>
<td><strong>Digital Support Sessions</strong> – 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, based at the library in Wymondham (Thursdays, 4.30pm – 6pm), supported by a youth worker.</td>
</tr>
<tr>
<td>Regular sessions</td>
<td><strong>Young Commissioners</strong> – 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.</td>
</tr>
</tbody>
</table>

## Activities that help you develop skills and get qualified

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays from 5th March</td>
<td><strong>Cricket for Girls</strong> – weekly sessions for 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.</td>
</tr>
<tr>
<td>Dates to be agreed</td>
<td><strong>First Aid Certificate, Food Hygiene Certificate</strong>, <strong>Introduction to Health and Safety at Work, and Fire Safety at Work</strong> – accredited courses to enhance your CV. Give us with your name and contact details and we will let you know the dates of the next courses.</td>
</tr>
</tbody>
</table>
South Norfolk YAB can also put you in touch with a Careers Adviser 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/
Cotman Housing – Make Your Move

We know moving home is stressful. That's why our Make Your Move project will help you find a range of sports and physical activities to suit you — all on your new doorstep. Make your Move!

We can find a range of low cost and free activities in your local area. We can put you in touch with other like-minded active people in your new community.

There is something for everyone of all ages and abilities. The aim is to have fun, feel part of the community, improve or maintain your fitness and do something you really enjoy.

Latest event:

FREE daily timetabled activity sessions which include Swimming, Gym and instructor led exercise classes at Riverside Leisure Centre, Norwich.

To find out more contact our team:

Call 01603 731681 or email makeyourmove@cotman-housing.org.uk
All Aboard! Local community responds to isolation issues
Page 1 of 2

10.00am - 3.00pm Tues 9 April - Thurs 11 April 2019
The Hub, Ayton Road, Wymondham, NR18 0QJ

Home alone this Easter?
Three days of activities for those feeling lonely and in need of some company. Come along to have some fun and meet new friends. inclusive of:

Refreshments & lunch • Activities & entertainment • Coach outing
Transport can be provided from Wymondham Market Place.

For more information contact Linda
email linda.bradbeer@lineone.net
or tel 01603 812619
www.hubproject.org.uk

To book please contact
Debbie Rose, tel 01953 798505
The Hub, Ayton Road,
Wymondham, NR18 0QJ

All Aboard! is part of Hub Community Project. Registered charity no. 1131485

Thank you to our sponsors:
Following the success of last August’s event, Hub Community Project is repeating it’s All Aboard! project this Easter.

Easter is another of those times in the year when families gather for food, fun and companionship. For those who are alone, the Easter holiday period can highlight their loneliness and All Aboard! offers an opportunity for them to get together with others.

This will be in the format of a ‘holiday at home’ with 3 days of activities and entertainment in a very relaxed and informal setting with a coach outing on the middle day. Participation in the activities is by choice and anyone wishing to come along but not join in will be very welcome. Refreshments and lunch will be provided. The project is supported by the Co-Op and Norfolk Community Foundation.

Loneliness can affect people of all ages but for the elderly it can be an issue which leads to emotional & mental health problems. Many older people live alone and are not often visited by their children or other relatives. They can also often lose touch with their other contacts, as they or their friends become increasingly ill and less able to leave their homes, or they suffer bereavements which leave them feeling less able to make connections with new people. This isolation is widespread among those over 75, with nearly half saying that television or pets are their main form of company, and with as many as 13% of over 75 year olds admitting that they are either often or always lonely.

If you are aware of someone who is isolated, maybe a neighbour, friend or relative, we would ask you to encourage them to come along.

All Aboard will take place Tuesday 9 April to Thurs 11 April 2019 at the Hub, Ayton Road, Wymondham, NR18 0QJ. The project aims to gather older people and connect them with those with similar interests so that lasting friendships can be formed. At the close of the project people will be signposted to local activities; with a companion it is hoped that they will be able to play a fuller part in the community. Evidence shows that combatting loneliness in this way will have a positive and beneficial effect of the health of those attending.

The project is free to attend and is inclusive of refreshments, lunch, coach & entry fees. Transport to the Hub from Wymondham Market place can be arranged, please request at the time of booking. Places are limited so booking is essential, for a booking form please call 01953 798505. For more information please contact Linda, email linda.bradbeer@lineone.net or call 01603 812619.

Hub Community Project runs a number of support activities for families in the community, see their website www.hubproject.org.uk for full details.
HARLESTON YOUTH FC U12

OUR U12'S ARE LOOKING TO RECRUIT NEW PLAYERS TO HELP EXPAND OUR TEAM

WE TRAIN ON SATURDAY MORNINGS AT ARCHBISHOP SANCROFT IN HARLESTON

WE ARE A FRIENDLY WELCOMING CLUB THAT LOOKS TO HAVE FUN WHILE PLAYING

WE WELCOME BOTH BOYS AND GIRLS AND PREVIOUS PLAYING EXPERIENCE ISNT NECESSARY

IF YOU ARE INTERESTED IN JOINING PLEASE CONTACT STEVE ON 07851734739 OR EMAIL steven.hicklin@icloud.com
Harleston Information Plus – Jobs Club pop-ups

Jobs Club

- Job searching
- Training opportunities
- IT help
- Business start up information
- CVs, covering letters and job applications
- Volunteering opportunities
- Careers Advice
- Tips & advice for job interviews

Drop in for employment support

Alburgh Village Hall Thursday 7th March 10am-12pm
The Brewhouse, Pulham Market Friday 8th March 10am-12pm
The Bank, Eye Friday 15th March 10.30am-12.30pm
Topcroft Pavilion Tuesday 19th March 10am-12pm
And every Wednesday 10am-2pm at Harleston Information Plus

All our services are free and confidential

Phone: 01379 851920  E: jobsclub@harleston-norfolk.org.uk

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

European Union
European Social Fund
COULD YOU…

Help us to support families in your area?

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

Is this you?

Our next course starts on:
Thursday 7th March 2019, 09:30 to 14:30
Tivetshall Village Hall, Green Lane, Tivetshall St Margaret, Norfolk, NR15 2BJ
This course will run on consecutive Thursdays for 7 weeks (TERM TIME ONLY)
If you are interested we would love to hear from you.
Please contact us on: 01603 977040 or admin@homestartnorfolk.org

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

Registered Charity no. 1106362
icanbea – What can you be?

What can you be?

- Watch videos and discover what it is like to work in some of the region’s local companies
- Read information on the region’s industries and what they have to offer
- Like and Follow the industries and organisations that interest you
- Find the career path that suits you
- Apply for roles that interest you and take a step in the right direction on the pathway to your future career
Norwich & South Norfolk
CHILDREN & YOUNG PERSON
EMOTIONAL WELLBEING EVENT

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

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

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

Booking is essential.

WEDNESDAY
MARCH 13
4:30 PM - 6:30 PM
Long Stratton High School
Manor Road, NR15 2XR

To confirm your attendance, or if you have any questions, please email:
luke.keegan@norfolk.gov.uk

Luke Keegan,
Partner & Community Focus,
Children’s Services
South Norfolk on Show 2019

South Norfolk on Show is back and better than ever!

Our annual free celebration of South Norfolk returns to Long Stratton
30th June 2019
Gates open 11am - 4pm

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

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

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

Applications
Please complete and return the stall holders application form [https://www.south-norfolk.gov.uk/onshow](https://www.south-norfolk.gov.uk/onshow) deadline for submissions April 1st

We welcome applications from stall holders representing local community groups and special interest groups who promote creativity for well-being.
South Norfolk Community Awards 2019

Say thank you to local volunteers in your community

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

Award categories are:

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

Nominate today at:
south-norfolk.gov.uk/champions
or call: 01508 533945
Come along & join us to celebrate International Women’s Day

- Free tea/coffee & handmade cake

Find out more about local organisations:

- Soroptimists
- Women’s Institute (WI)
- Mother’s Union
- Age UK
- Walking for Health
- Voluntary Norfolk
- Red Cross
- Hospital Volunteering

Chantry Hall, Chantry Road, Norwich, NR2 1QZ
Friday 8th March, 10:00 - 12:00
Get creative for Dementia Awareness!

Please send us your knitted and crocheted forget-me-not flowers

Norfolk Knitters and Stitchers are helping NNUH to make a beautiful display using forget-me-not flowers to mark Dementia Action Week 2019.

If you’d like to contribute to this project, please get knitting and stitching! You can drop off your flowers at any of the collection points. Do come along to the

NNUH Dementia Information and Advice Fayre on Monday 13 May 2019 10am-4.30pm

to see what a big difference all your little flowers can make. Thank you.

Drop off Deadline: 16 April 2019

Collection points:
- East and West out-patients receptions NNUH
- West in-patients reception NNUH
- NNUH Offices at 20 Rouen Road, Norwich
- Cromer Hospital reception

Link to a suggested pattern:
https://forum.alzheimers.org.uk/attachments/forget_me_not_to_knit_or_crochet-pdf.49733/
Your Voice in South Norfolk
(Formerly South Norfolk Older People’s Forum)

New members will always be welcome

Next meeting

Wednesday 20 March
at
10 am for coffee for 10.15 am start

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

Main topics of the meeting will include:

- Rosedale Funeral Home Bereavement scheme and all you need to plan for a graceful end of life yourself
- Diss area Community Connector on Social Prescribing for your wellbeing
- Contact Care from Saffron Housing with their stand where you can find out about their alarm system and other useful ideas

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

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

The meeting is expected to close by **12.30**
Wymondham Community Kitchen – Community Lunch
Saturday 23rd March 2019

As a result of the funding we have received from our local Waitrose Store, we are pleased to announce that we can offer a delicious free two course lunch on Saturday 23rd March at The Parish Hall, Our Lady and St. Thomas of Canterbury Roman Catholic Church, 1 Norwich Road, Wymondham, Norfolk NR18 0QE.

The lunch is offered to people in our community who live by themselves, or are elderly, or for other good reasons, would benefit from a hot meal in the company of others.

If you would like to join us for lunch, you will need to complete our registration form and return it to the address above no later than Tuesday 12th March 2019.

If you know of someone who you think would benefit from this event, please discuss the community lunch with them and make sure that the form is returned to us by Tuesday 12th March 2019.

We may be able to offer transport for those who need it. If transport is required to and from the lunch, please ensure that this is noted on the registration form.

The Parish Hall car park holds approximately 40 cars including 3 bays for disabled drivers. If a disabled parking bay is a requirement, please ensure that you make a request on the registration form.

Guests who are attending the lunch should arrive at 12.00pm for a 12.30 pm start. The event will end at approximately 2.30pm.

If you need further information, or to request a registration form, please contact Arnie McConnell by email finance@wymondhamrcchurch.org.uk or Fr. Pat Cleary: Tel: 01953 603104 or email parishpriest@wymondhamrcchurch.org.uk
Mencap – Survey for people with a learning disability

Message from Mencap:

We would like to invite people with a learning disability to take part in the first national survey of people with a learning disability in 15 years!

The survey is the chance for people with a learning disability to share their experiences. It was fully co-produced by people with a learning disability, and asks questions on topics they say are important to them, including health, relationships, employment and inclusion.

Mencap hopes that the findings will be useful across the sector, to fill in our knowledge gaps and help provide even better support to people with a learning disability. We will share the findings later in the summer, and share the data so that other organisations can use it too.

Help us to make this the biggest survey of people with a learning disability ever! Please share the survey with your networks and any adults with a learning disability you know.

Take part here: https://www.surveymonkey.co.uk/r/big-learning-disability-survey

For more information, Easy Read FAQs, supporter guidelines and the Welsh language version of the survey, please visit: https://www.mencap.org.uk/big-learning-disability-survey

If you have any questions please email the Research team research@mencap.org.uk

Thank you very much,

Hannah Riches
Royal Mencap Society
07967769173
Hannah.Riches@mencap.org.uk
Bitesize Learning- Fund Day

Fund Day
Bitesize Learning

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

Free workshop to find out what funding is available for your community group or project.
PING! IN THE COMMUNITY GRANTS

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

What's included:
- An indoor table tennis table
- 10 bats,
- 72 balls
- and resources to help promote your table.

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

Some-PING! is happening in South Norfolk

Play table tennis for FREE in South Norfolk at:

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

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

Bat and balls provided