Service Information

- **Norfolk County Council- Fire safety in your home**
- **Neighbours in Need**

Employment & Volunteering

- **Norwich Jobs Fair- The Forum**
- **CGL Norfolk Volunteering Opportunities**
- **NNAB Volunteering Opportunity**

Grants & Funding

- **GO For It Grants**

Conferences & Events

- **Carers Support Day – The Forum**
- **Norfolk Disability Pride- The Forum**
- **Toys and Tins Open Day**
- **Connie’s Colander-Wymondham**
- **Ageing with Autism Conference 2019**

Training & Workshops

- **Robotics STEM Course**
- **Prince’s Trust- Outdoor Adventure**
- **Wellbeing Service- Steps to work**
- **Lipreading Courses- Norwich**
- **Suicide Prevention Training**

Clubs, Groups & Activities

- **Young Carers Session 21 June-Long Stratton**
- **Young Carers Session 28 June-Long Stratton**
- **Headway Carers Headspace- Norwich**
- **Mind- The Anchor Project**

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
Robotics STEM Course

Are you 16-25? Want to learn about Robotics?
PLT is a provider for STEM courses, with a focus on engagement of young people within Science and Engineering

Programme: Monday 24th - Friday 28th June 2019
Location: Norwich City Centre
Interviews: week commencing 10th June 2019

In partnership with:

- Learn about Science, Engineering and Robotics
- Gain a British Science Association CREST Discovery Award
- Complete STEM workshops to learn some of the engineering and technology behind robotics
- Build and support your robot to complete an assault course and challenges
- Improve your teamwork, communication skills and boost your confidence
- Receive 3 months support after the programme
- Travel costs supported by The Prince’s Trust or through your Job Centre
- Lunch provided every day

LIMITED PLACES AVAILABLE
To join the course or find out more:
Call for Free on 0800 842 842
Prince’s Trust - Outdoor Adventure

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

The Prince’s Trust, in partnership with Ascend Adventure, are offering a FREE one week training course which gives you a fantastic opportunity to have fun in the Great Outdoors.

<table>
<thead>
<tr>
<th>Programme</th>
<th>Monday 22nd July - Friday 26th July 2019</th>
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</thead>
<tbody>
<tr>
<td>Location</td>
<td>Bittern Meadow, near Norwich</td>
</tr>
<tr>
<td>Interviews</td>
<td>week commencing 1st July 2019</td>
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Delivered in partnership with:

- Spend 5 days in the wild, learning about yourself through mindfulness in nature
- Take part in Bush craft, Raft building, Canoeing, Archery, Orienteering and Arts and Craft
- You will also spend 1 night setting up a camp and staying overnight in the wild
- 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

LIMITED PLACES AVAILABLE
To join the course or find out more:
Call for Free on 0800 842 842
Wellbeing Service - Steps to Work

Steps to Work

Steps to Work is an informal online webinar for people experiencing mild to moderate symptoms of low mood or depression who are ready to start thinking about making steps towards training, education, voluntary work or employment.

When:
On the first Wednesday of every month

Time: 10am – 11am

To book:
Call: 0300 123 1503
Email: admin@wellbeingnandw.co.uk
Or via our website:
wellbeingnandw.co.uk/courses

Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk and West Norfolk Clinical Commissioning Groups.
Develop and improve your lipreading skills and learn alongside people who have similar experiences and develop the ability to watch and feel the shape of spoken English. Throughout this helpful and informative course you will learn: how to build confidence, coping strategies for difficult situations, about technical aids to hearing loss and support services available.

Course in Norwich starting October. For further information click here:
https://enrol.norfolk.gov.uk/CourseDetailsView.asp?CODE=LIXLN3119P&NAME=Lipreading&ID1=1111&ID2=71296&ID3=1
Free suicide prevention training

ONE LIFE LOST
IS ONE TOO MANY...
TAKE THE TRAINING

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

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

*Source: Samaritans 2017
Do you care for a family member or friend? Do you help or support them in their daily life?

Are you one of Norfolk’s hidden carers?

Come along to our Carers Support Day to celebrate the huge contributions you play in people’s lives.
Meet organisations, groups and networks from across Norfolk that can help with the difficulties, stresses and challenges of caring, and celebrate the important role you play with other carers from across the county.

Friday 14 June 10am — 4pm
The Forum, Norwich.
Norfolk Disability Pride celebrates disabled people and the diversity of our community. Enjoy performances, exhibitions and a range of activities and information provided by scores of stall holders. A FREE event at The Forum, Norwich. Everyone welcome!
Toys and Tins Open Day

Monday 1st July 2019

Come along for an opportunity to find out

41 Morgan Way
Bowthorpe Industrial Estate
Norwich NR5 9JJ

Drop in anytime between 10am and 4pm!
Just give us a call before the day to let us know you are visiting The Hub.

Telephone: 01603 724407

Tea, Coffee and Cake provided

Including presentations by our Community Services Specialist!

The Salvation Army - not just for Christmas

Christmas appeal

BBC RADIO NORFOLK
Connie’s Colander- Wymondham

Running time 50 mins followed by 20 mins post-show Q&A with a dementia specialist

CONNIE’S COLANDER

By Gaye Poole

“This is a compelling play, excellently acted and tautly directed…”

(The Oxford Times)

“…beautifully crafted, tightly written, intensely poignant and moving exploration of the effect of dementia on a mother and her daughter.”

(Daily Info)

Touring This Summer 2019

For more information visit our website humanstorytheatre.com

HUMAN STORY THEATRE

Supported using public funding by
ARTS COUNCIL ENGLAND

WYMONDHAM LIBRARY

June 13th at 4pm

Free performance but a donation would be appreciated.

Please book your place with a member of library staff at the counter.
Ageing with Autism Conference 2019

John Innes Centre, Norwich Research Park, Colney Ln, Norwich NR4 7UH

Early Bird Tickets on Sale now – Only £20.00 – available until 30 June

Our annual conference full of guest speakers and organisations and charities. A day of learning and information sharing for parents/Carers and professionals working or caring for someone with an Autism Spectrum Condition.

For more information and to book your place https://www.asdhelpinghands.org.uk/events/ageing-with-autism-conference-2019
Young Carers Session 21 June-Long Stratton

Young Carers
Long Stratton Activity Session
Friday June 21st

If you are a Young Carer living in South Norfolk, aged between 5 and 11 years old, you can:

- Meet other Young Carers
- Get one-to-one support
- Have fun on our Arts and Crafts activity
- Access training and socialising opportunities

We are running an activity session 6pm-8pm on June 21st at Long Stratton Village Hall Ipswich Road Long Stratton NR15 2TA.

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

To attend please contact us on:
emma@mtmyouthservices.org.uk
(07760283864) or
graham@mtmyouthservices.org.uk
(07847049399)

Or the Carers Matter Norfolk Advice Line on
0800 083 1148
Young Carers
Long Stratton Activity Session

Friday June 28th

If you are a Young Carer living in South Norfolk, aged between 12 and 19 years old, you can:

- Meet other Young Carers
- Get one-to-one support
- Have fun on our Arts and Crafts activity
- Access training and socialising opportunities

We are running an activity session 6pm-8pm on June 28th at Long Stratton Village Hall Ipswich Road Long Stratton NR15 2TA.

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

To attend please contact us on:
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(07760283864) or
graham@mtmyouthservices.org.uk
(07847049399)

Or the Carers Matter Norfolk Advice Line on 0800 083 1148
Do you take care of someone who has had a stroke, traumatic brain injury or acquired brain injury?

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

Join our friendly and supportive group, for:
- Coffee
- Information in relation to brain injury
- Guided relaxation also on offer

We meet at Wade’s Court meeting room, Norwich
- First Friday of every month
- 1:30 - 3:30pm
- William House, 19 Bank Plain, Norwich, NR2 4FS

Get in touch if you would like to come along or find out more:
- Telephone Angela on: 07780 439060 or
- Email: Angela.page@headway-nw.org.uk

Kindly supported by FOSTERS SOLICITORS LLP
The Anchor Project

Have you been affected or bereaved by suicide?

Norwich and Central Norfolk Mind is providing a support network for anyone over the age of 18 who has been bereaved by suicide. Over eight-weeks the group will support you to speak openly about your reactions, feelings and emotions, to find support and to meet others who are going through similar experiences.

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

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

emile.darlison@norwichmind.org.uk

01603 432451
Norfolk County Council Fire safety in your home

In the event of a fire, don’t tackle it yourself.

GET OUT
STAY OUT
AND CALL 999

For further information and advice on any aspect of fire safety in the home please contact our Prevention Department on:

NFRS Headquarters
Operations & Communications Centre, Jubilee House,
Falconers Chase, Wymondham. NR18 0WW

You can also get information & advice from our website www.norfolkfireservice.gov.uk

Email: home.safety@fire.norfolk.gov.uk
Freephone: 0800 9178137
Telephone: 0300 1231669 option 2 for HFRG
Text phone for hearing impaired: 07799 840800

Norfolk County Council

Fire safety in your home

A guide for householders to keep safe from fire

Smoke detectors

- Fit a smoke detector on every floor of your home, ideally on ceilings in the hallway or landing
- Don’t put a smoke detector in the kitchen where it can be set off accidentally
- Test the batteries once a week Long life smoke detectors are available

Remember: Test it, change it, replace it
Be prepared

- Plan your escape routes and keep exits clear
- The best route is the usual way in and out of your home
- Get everyone to practice your escape plan
- Keep door and window keys handy - tell members of your household where they are

Make sure candles are secured in a proper holder and away from materials that may catch fire - like curtains.
- Put candles out when you leave the room, and make sure they’re put out completely at night
- Use a snuffer or a spoon to put out candles. It’s safer than blowing them out when sparks can fly
- Children and pets shouldn’t be left alone with lit candles

Register my appliance

Improve your home safety by taking the simple step of registering your fridges, freezers & washing machines at www.registermyappliance.org.uk. A safety precaution allowing you to be contacted quickly if a recall or free safety repair is ever needed. It’s important to install & use appliances according to manufacturer’s instructions.

Do not tackle pan fires:
get out, stay out and call 999
1. Never throw water over it
2. Turn off the heat if possible
3. Do not move the pan

Bedtime checklist

- Close inside doors at night to stop a fire from spreading
- Turn off and unplug electrical appliances unless they are designed to be left on - like your freezer
- Check your cooker is turned off
- Don’t leave the washing machine on
- Turn heaters off and put up fireguards
- Put candles and cigarettes out properly
- Make sure exits are kept clear
- Agree your escape plan with overnight guests

You are more at risk from fire when asleep
Electric blankets

This picture shows just some of the blankets that failed last year

- Do not fold. Roll or store flat
- Unplug at night - unless thermostatically controlled
- Do not buy second hand
- If your blanket has scorch marks/worn fabric/bare wires/a damaged or buzzing connector - Replace it!

Portable heaters

- Try to secure heaters against a wall for stability
- Keep heaters clear from curtains and furniture
- Never use heaters for drying clothes

Furniture

- Check new furniture complies with the Furniture and Furnishings (Fire) (Safety) Regulations 1988
- Look for the fire-resistant permanent label

Cigarettes

- Never smoke in bed
- Use ashtrays and empty to an outside bin regularly
- Use child resistant lighters or matchboxes and keep out of reach of children
- Take extra care if you smoke when tired, use medication or have been drinking alcohol - you could fall asleep and cause a fire
**Electrical safety**

- Don't overload sockets - keep to one plug per socket
- Unplug appliances when not in use or when you go to bed
- Always use the correct fuse
- Check and replace old cables and leads
- Do not place cables under carpets and mats

**Check electrical appliances for signs of:**

- Loose wiring
- Scorch marks
- Hot plugs and sockets
- Fuses that blow
- Circuit-breakers that trip
- Flickering lights

Use the list above to safety check your electrical appliances.

If you find any faults or have any concern, isolate the appliance and consult a qualified electrician.

**Lights**

- Keep curtains and other fabrics away from light bulbs
- Do not exceed the maximum wattage on shades or fittings

**Keep all electrical appliances clean and in good working order**
The aim of this project is to offer a cost free Repair/Maintenance service on a one off basis to our neighbours in and around Wymondham (10 mile radius).

It is not intended to replace the support offered by existing statutory or voluntary services, but is designed to fill those gaps where the neighbour’s needs cannot be met by those agencies.

The project team is made up of volunteers who are passionate about communities, and are keen to offer “hands on” support to those families and vulnerable adults in need living amongst us.

Requests for help will be assessed following confirmation that:

- The neighbour in need has been turned down by all existing responsible agencies and
- is not in a position to self fund the task.

Examples of types of support available:

- Where the agency involved has supplied a skip for garden clearance but the neighbour is unable to undertake the task of clearing the garden due to disability, ill health, etc.
- Where the tenant/householder has had a fence panel blown down and cannot afford to have it put back up.
- Where the neighbour has applied to South Norfolk Council’s Handyman service for a small repair to be done, but cannot be seen, due to pressure on that service.
- Some social landlords offer paint/decorating vouchers to new tenants, and we would consider helping with some of the decorating where that tenant has physical or mental health issues, or is a single parent without family support.

Each assessment will be undertaken by two team members. They will assess our suitability/availability for the task, carry out a risk assessment of the task involved and any other environmental risk factors involved.

Provided we are able to complete the task safely and efficiently we will agree a suitable timetable to do so (subject to availability of volunteers)

Any materials required for tasks undertaken will need to be funded by the recipients or their supporting agencies.

There will be no charge for any tasks undertaken, but recipients of support may make a donation to the Neighbours in Need project fund if they wish to.

All enquiries to Tony Smith, tel: 07366 851748 or email: NinN_hub@gmail.com
Norwich Jobs Fair- the Forum

NO REGISTRATION REQUIRED
HUNDREDS OF JOBS AVAILABLE
10AM - 1PM

NORWICH JOBS FAIR

OVER 20 EXHIBITORS ON THE DAY!

FRIDAY 28TH JUNE 2019

THE FORUM, NR2 1TF

VARIOUS SECTORS AND INDUSTRIES RECRUITING ON THE DAY

FREE TO ATTEND

FREE TO ATTEND
The Norwich Jobs Fair is back at the Forum on Friday 28th June 2019. From 10am – 1pm candidates can meet recruiting companies face-to-face to discuss any exciting job opportunities that are available.

For more information and to stay up to date visit @TheJobFairs or visit their Facebook page event https://www.facebook.com/events/272247370225078/
CGL Norfolk are advertising a number of volunteering opportunities across the county. The current closing date for these is Friday 14th June; please note this date may be extended if vacancies remain unfilled.

CGL3456 Volunteer Admin/Reception x9: https://www.changegrowlive.org/vacancy/volunteer-adminreception-x9-norfolk-sms-cgl3456

CGL3457 Volunteer Recovery Support x5: https://www.changegrowlive.org/vacancy/volunteer-recovery-support-x5-norfolk-sms-cgl3457

CGL3458 Outreach Volunteer x6: https://www.changegrowlive.org/vacancy/outreach-volunteer-x6-norfolk-sms-cgl3458
NNAB – Volunteering Opportunity

NORFOLK AND NORWICH ASSOCIATION FOR THE BLIND

VOLUNTEERS NEEDED!

Interested in joining us?

NNAB

01603 973377 (Norwich)
01553 660808 (Kings Lynn)
volunteers@nnab.org.uk
www.nnab.org.uk

CURRENT VOLUNTEERING OPPORTUNITIES:

- Sports and Leisure Activities
- Driving
- Fundraising
- Administration
- Eye Clinic Advisors
If you are passionate about an activity, project or interest, then we want to hear from you. There is up to £300 waiting to help you get your idea up and running in your local community.

**What is a Go For It Grant?**

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

**How to apply**

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

The application form is available:

[https://www.south-norfolk.gov.uk/sites/default/files/NEW%20Go_for_It_Grants_Application_Form.docx](https://www.south-norfolk.gov.uk/sites/default/files/NEW%20Go_for_It_Grants_Application_Form.docx)

For further information please visit our website:

[https://www.south-norfolk.gov.uk/residents/community-grants](https://www.south-norfolk.gov.uk/residents/community-grants)