Training & Workshops

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

Conferences & Events

- NSAB- Self-neglect and Hoarding Seminar
- Norfolk Disability Pride- The Forum
- Toys and Tins Open Day
- Ageing with Autism Conference 2019
- South Norfolk on Show
- Reuse Event- Costessey

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

Employment & Volunteering

- Norwich Jobs Fair- The Forum
- NNAB Volunteering Opportunity
- Jobs Club- Harleston
- Better Days- Employability Course
- Fire and Rescue Community Volunteers
- LIFT OFF Work Trials
- Voluntary Norfolk- Health and Wellbeing Volunteers

Grants & Funding

- GO For It Grants
- Better Together 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

Edition 48
21/06/2019
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.

Programme: Monday 22nd July - Friday 26th July 2019
Location: Bittern Meadow, near Norwich
Interviews: week commencing 1st July 2019

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

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

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

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

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

*Source: Samaritans 2017
Norfolk Safeguarding Adults Board is very pleased to announce

Let’s change the approach to Self-neglect & hoarding in Norfolk:
A seminar & call to action

“Self-neglect is often hidden from view and can lead to life changing social and health concerns which can sometimes be fatal.” Professor Michael Preston-Shoot, Professor Emeritus at Bedfordshire University, 2018

This seminar is a valuable FREE opportunity and will provide updates on the difficult issue of self-neglect and adult safeguarding. It will include county updates, practical case studies and opportunity for interagency discussion to strengthen a partnership approach for developing best practice.

This seminar will be of interest to all frontline staff, including social workers, acute and community health staff, mental health services staff, commissioners, district council staff including environmental health officers, primary care and housing staff.

The event will include presentations from:

- Norfolk Fire & Rescue – Fire, Hoarding and Risk
- Norwich and Norfolk OCD Voluntary Support Group
- Lofty Heights (decluttering company and a social enterprise)
- Great Yarmouth Help Hub
- Case studies from Norwich City Council & NCC Learning Disability Team, Norwich

PTO to book your place
Early booking for this **FREE** seminar is *strongly* advised. Places are limited, and we anticipate that this seminar will be very popular.

**To book your place please use the link below**
[https://www.smartsurvey.co.uk/s/SNH260619/](https://www.smartsurvey.co.uk/s/SNH260619/)

Please note: the 26th June is the first day of the Norfolk Show and it will be very busy around the Norfolk Showground, particularly at the A47 Norfolk showground Southern Bypass junction.

Please allow yourself extra time to get to the West Costessey Centre, Poethlyn Drive, Costessey, Norwich.

* **PLEASE NOTE:** A late cancellation/non-attendance fee of £50 will apply to: cancellation within 72 hours of the event or non-attendance on the day. Delegates unable to attend can provide a substitute up to 48 hours before the event. Email: andrea.smith@norfolk.gov.uk or call 01603 223 085

**United against abuse Together we make a difference**

Visit the Norfolk Safeguarding Adults Board at:
[https://www.norfolksafeguardingadultsboard.info/](https://www.norfolksafeguardingadultsboard.info/)

Follow Norfolk Safeguarding Adults Board (NSAB) on Twitter - [@NorfolkSAB](https://twitter.com/NorfolkSAB)

For this event please use the hashtags #selfneglect #safeguarding
Norfolk Disability Pride

Sunday 29th September
The Forum, Norwich, 10am - 4pm

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

The Salvation Army - not just for Christmas

Including presentations by our Community Services Specialist!

Christmas appeal

TOYS & TINS

Radio Norfolk
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.

South Norfolk On Show

South Norfolk On Show

SUNDAY 30 JUNE 11am - 4pm
South Norfolk Council Offices, Long Stratton, NR15 2XE

FREE ENTRY
For more information visit south-norfolk.gov.uk/onshow
A great day out for all the family.

Live theatre, song and dance

Face painting
Emporium of Dressing Up
Street food, bar and ice creams
Children’s soft play Story telling
Mini donkeys and ponies
Poetry Take Away
Zumba Laughter Yoga
Fitness activities Craft stalls
Paint, make and sew - creative workshops

Find out about South Norfolk Council services
Reuse Event- Costessey

Give and take REUSE EVENT

Come to our reuse event and reuse/recycle your unwanted items, or come along and take something away.

MONDAY JUNE 24
Item drop off
9am - 3pm
Item take away
11am - 3pm

Breckland Hall,
Breckland Road, Costessey, NR5 0RW

Turn over to see the full list of items that you can bring along or that may be available to take away from our next event.

Can't make this one? Don't worry! Stay up to date with upcoming events.

South Norfolk Council
WHAT CAN I BRING ALONG?

Furniture: any furniture in good condition and, if upholstered, with a fire label still attached. Items not reused locally will be donated to charity.

Electrical items: any small household items such as kettles, vacuum cleaner, TV's etc. (see website for full list). All items will be PAT safety tested before placed out for reuse. Items not reused will be donated to charity.

Textiles: unwanted clothing and textiles. Items not reused will be donated to charity. We cannot accept pillows, duvets or carpets.

Books: we will reuse all books in good reusable condition.

Board games/puzzles: for local library groups.

Things you need to know: The event is for materials from households, not businesses. If your items can fit in a family car, then we can take them. We cannot accept fridges/freezers or fluorescent tubes. A limited number of items can be taken away per person. All money donated for reuse items will be given to the Chairman's charities.

Are your heating bills high? Is your house cold? South Norfolk Council's Energy Team will be on hand at this event to offer advice. Come and find out what services are available – for you, a relative or friend.

Visit south-norfolk.gov.uk/recycle for further details
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 Session 28 June-Long Stratton

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:
emma@mtmyouthservices.org.uk
(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
The Anchor Project

Have you been affected or bereaved by suicide?

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

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

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

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

emiliedarlison@norwichmind.org.uk

01603 432457
# SNYAB Summer Programme

## Activities for young people in South Norfolk

**June 2019 onwards**

### Activities that are outside

<table>
<thead>
<tr>
<th>Days</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays and Wednesdays in school holidays - 6th, 7th, 13th, 14th, 20th &amp; 21st August</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. Please choose two dates initially and then indicate if you would like further places if they are available.</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>22nd June, 14th Sept</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>Date</th>
<th>Activity</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 (Yr7+).</td>
</tr>
<tr>
<td>14th – 15th August</td>
<td><strong>Wellbeing Residential</strong> – a 24 hour opportunity to be away from home and focus on personal wellbeing and confidence.</td>
</tr>
</tbody>
</table>

### Activities that help you get involved and meet others

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</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>21st August</td>
<td><strong>Intergenerational Project</strong> – Lunch and games run by young people for older members of the community. Chance to volunteer some time in Diss while holding a fun event for others. Planning and baking sessions: 13th August and 20th August. Young people can attend one, two or all three dates.</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 (Yr7+), 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. For young people aged 13 – 19 years.</td>
</tr>
<tr>
<td>Wednesday 7th August</td>
<td><strong>Pleasurewood Hills</strong> – coach trip to the theme park with pick up points in Diss, Long Stratton, Costessey and Lodden.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 5th August</td>
<td><strong>First Aid Course</strong> – pass this one day course, and get your certificate valid for three years. For young people aged 13 – 19 years.</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
</tr>
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<td>-----------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>27th July or 9th August</td>
<td>An Introduction to Health and Safety at Work AND / OR Fire Safety at Work – appropriate for those who work or are soon to have work (full or part time) – for young people aged up to 19 years.</td>
</tr>
<tr>
<td>27th July or 9th August</td>
<td>Food Hygiene Certificate – practical session followed by online test to get nationally recognised certificate. Sessions for 13 – 19 year olds.</td>
</tr>
<tr>
<td>16th August</td>
<td>Art Workshop – Details to be confirmed. Let us know if you would like more information and we will send it to you.</td>
</tr>
<tr>
<td>19th August</td>
<td>Cooking Day – for those young people who have completed a Food Hygiene course. A chance to practice your skills and learn new techniques.</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Cricket for Girls – Hales and Lodden Cricket Club are offering weekly sessions to encourage girls to play cricket and develop their skills, supported by great coaches. These sessions are designed to be fun and enable young women to become more confident. Give us with your name and contact details and a coach will be in touch. These sessions are based in Langley and are for 11 – 17 year olds. For more details email <a href="mailto:pete.dye@canaries.co.uk">pete.dye@canaries.co.uk</a> or text / call 07931711238.</td>
</tr>
<tr>
<td>To suit you</td>
<td>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 <a href="mailto:graham@mtmyouthservices.org.uk">graham@mtmyouthservices.org.uk</a> or fill in the slip below, and he will contact you.</td>
</tr>
</tbody>
</table>

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

Name of young person: ..................................................................................................................................................................................................................................................................................

DOB: ........................................................................................................................................................................................................................................................................................

Male / Female / prefer not to say

Address: .............................................................................................................................................................................................................................................................................

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

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

Mobile: ..............................................................................................................................................................................................................................

Email address: .......................................................................................................................................................................................................................

School / College / Work: ...........................................................................................................................................................................................................

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

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

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

The South Norfolk Youth Advisory Board (YAB) works to improve services for young people aged 13 and above. All work undergoes consultation with young people, their communities and relevant agencies before being put in place. For more information about South Norfolk YAB please visit:  
http://mtmyouthservices.jimdo.com/youth-advisory-board/  
http://www.snyab.org/what-does-snyab-offer/?
Baby Massage at Long Stratton Library

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

Dates: 4th, 11th, 18th, 25th July
Time: 2-3pm
Cost: £32 for complete course

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

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

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

Norfolk County Council
From Loneliness to Togetherness - Diss

Come to our EVENT

Free

From loneliness to togetherness
For people with learning disabilities

June 24
1:00 pm - 3:30 pm
Diss United Reformed Church

Come and have a chat
Find out what is happening in Diss and the local area

Free drinks and crafts

Run by Opening Doors
Supported by better together

Call for more information
01603 631433

Supporters welcome
YMCA The Hive- Anti-Bullying Support Group- Norwich

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

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

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
Facebook post

Facebook handle: @TheJobFairs

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/

Twitter post

Twitter handle: @TheJobFairs

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
NNAB – Volunteering Opportunity

NORFOLK AND NORWICH ASSOCIATION FOR THE BLIND

VOLUNTEERS NEEDED!

Interested in joining us?

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

CURRENT VOLUNTEERING OPPORTUNITIES:

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

Drop in for employment support

St Andrew’s Church, Scole - Tuesday 2nd July 10am-12pm
Tivetshall Village Hall - Thursday 4th July 10am-12pm
Dickleburgh Village Centre - Monday 8th July 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
Better Days- Employability Course

Would you like great tips on how to fill in a job application form successfully?

Would you like your next interview to go really well?

We can help.

Come and join us for a Free session!

**When:** Wednesday 3 July 2019

**Times:**
- Job Applications 9:30am until 12:00pm
- Interview Skills 1:00pm until 3pm.

**Where:** Orbit Office, Fourth Floor, Yare House, 62-64 Thorpe Road, Norwich, NR1 1RY

**To reserve a place:**
Call Amanda 07901102785, or complete the employment matters enquiry form on our website: Betterdays.orbit.org.uk

To find out more, visit: www.orbit.org.uk/betterdays

[Orbit logo]
Fire and Rescue Community Volunteers

NORFOLK FIRE & RESCUE SERVICE

Community Volunteers

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

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

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

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

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

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

Contact: hq@fire.norfolk.gov.uk

Norfolk County Council
LIFT OFF Work Trials

Would you like to work in the outdoors?
Are you from Norfolk or North Suffolk?
Does your confidence need a boost?

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

Pathmakers.org.uk
@Pathmakers_CIO
@PathmakersCIO

Pathmakers
Connecting Norfolk countryside & communities
Voluntary Norfolk - Health and Wellbeing Volunteers

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

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

- Regular social interaction
- Supporting clients to carry out activities including shopping & cooking
- Assistance with managing health conditions
- Help to access information & services
- Encouraging healthy eating & activities

Please note, volunteers are not expected to deliver any personal or medical care

If you know a patient, client, friend or relative who is without their own support network and could benefit from this service, call 07394 816574 or visit voluntarynorfolk.org.uk & search ‘health volunteers’, or email: hvvolunteer@voluntarynorfolk.org.uk
Go for It Grants

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

What is a Go For It Grant?

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

How to apply

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

The application form is available:

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

For further information please visit our website:

https://www.south-norfolk.gov.uk/residents/communities/community-grants
Better Together Grants

Would you like to bring people in your community together?

Do you need funding to organise an event or activity

in the Norwich area?

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

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

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

www.bettertogethernorfolk.org.uk

Better Together Norfolk Helpline 0300 303 3920