Training & Workshops

- Pick 'N' Mix- Bitesize Learning
- Healthy Habits for Your Head – Long Stratton Children’s Centre
- Embracing New Beginnings – Dementia Day, Swardeston

Conferences & Events

- Emotional Wellbeing Event in Long Stratton
- South Norfolk On Show 2019
- Diss United Reformed Church February Events
- South Norfolk Community Awards 2019
- Your Voice in South Norfolk (Formerly South Norfolk Older People’s Forum)
- Suicide Prevention Networking Morning – NSFT

Clubs & Groups

- Don’t Forget the Kids Support Group - Diss
- LEGO club at Costessey Library
- Meet up Mondays - Bungay
- Hingham Tennis – February Half Term Sessions
- Harleston Information Plus & Better Together Norfolk Coffee Morning - Ditchingham

Service Information

- One Call Away Helpline
- Grandparents Plus – Raising a relative or a friend’s child?

Employment & Volunteering

- Home Start Norfolk – Volunteer Preparation Course
- Harleston Information Plus – Jobs Club pop-up Ditchingham

Grants & Funding

- Bitesize Learning-Fund Day
- Women First Fund
- 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

CPR and defibrillator awareness
28 February, The Swan Hotel, Harleston IP20 9AS

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
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
Signs of Safety 2019 Development Sessions

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

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

To confirm you place, please email: cs.earlyhelp.south@norfolk.gov.uk
Don’t Forget the Kids Support Group - Diss

Starting 4th February 2019

We are a safe and informal voluntary support group for children and their families whose parents/carers are living with Cancer.

Our aim is to provide weekly a range of innovative activities including toys, arts, crafts and games that encourage our users to express their feelings and have quality time together and share their experience with others.

We ensure that our users (i.e. the children and parents) are offered healthy nutritional snacks during the support group.

Please feel free to come along.

Monday (excluding Bank holidays), 5-7 pm
Venue: Hope Church, Vince’s Road, IP22 4HG, Diss, South Norfolk

For more information please contact:
Suzi and Andrea M: 07576849005 E: dftknorfolk@gmail.com
LEGO club at Costessey Library

Mondays
3:15pm - 4:15pm

This is a free event but donations are welcome to improve club resources. Suitable for children aged 5 and over

Norfolk County Council
Meet up Mondays – Bungay

Join us on **MONDAYS**
between **11 am - 1 pm** from 11\textsuperscript{th} February

Do you feel like the weekend has dragged?

Are you fed up with your own company?

Maybe you are new to the area?

You are invited to come along & enjoy

a free cuppa & some friendly chat.

#dontbeonyourown
February Half Term Tennis Sessions

This February Half Term we are running 3 Junior Tennis Sessions for set age groups at Hingham Tennis and Wymondham Tennis Club.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity/Venue</th>
<th>Age</th>
<th>Cost</th>
<th>Member</th>
<th>Non-Mem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 18th Feb</td>
<td>10am-12pm</td>
<td>Mini Tennis Red Indoor Hingham</td>
<td>5-8 years</td>
<td>£4</td>
<td>£6</td>
<td></td>
</tr>
<tr>
<td>Tuesday 19th Feb</td>
<td>10am-12pm</td>
<td>Mini Tennis Orange Hingham</td>
<td>8-10 years</td>
<td>£4</td>
<td>£6</td>
<td></td>
</tr>
<tr>
<td>Thursday 21st Feb</td>
<td>9.30am-3pm</td>
<td>Tennis Fun Day Wymondham</td>
<td>6-13 years</td>
<td>£16</td>
<td>£18</td>
<td></td>
</tr>
</tbody>
</table>

The sessions are a combination of coaching, fun games and matches.

**If your child enjoys the session and would like to join our weekly coaching receive 25% off the fees for the remainder of term**

To book your child a place on any of the days please email SamHowletttennis@yahoo.co.uk or call 07919 405752. Alternatively fill out the attached slip.

Child's Name

Age

Parents

email

Contact no Emergency

no

Medical Conditions

Please circle sessions to attend: Monday  Tuesday  Thursday

Please return form and payment (cheques payable to Sam Howlett) to:

Sam Howlett, 6 Albini Way, Wymondham, NR18 0UJ
Tuesday 19th February

At the

Village Hall, Ditchingham

10-12midday

This is a free, social get-together for local residents, with tea, coffee and cakes. Everyone is welcome to come along to meet with your friends and neighbours.

We are working on behalf of the Norfolk County Council funded Better Together project, to bring people together to chat, have fun and learn more about what goes on in their area.

Harleston Information Plus staff and volunteers will be available to offer information about services, activities, volunteering opportunities and much more.

Please do join us

Harleston Information Plus 01379 851917
Home Start Norfolk – Volunteer Preparation Course

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
Harleston Information Plus – Jobs Club Pop Up

Jobs Club comes to Ditchingham

Tuesday 19th February, 10am-12pm

Harleston Jobs Club will be bringing their service to Ditchingham Village Hall.
Drop in for employment support, everyone welcome.

All our services are free and confidential

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

Funded by
European Union European Social Fund

Harleston Information Plus
8 Exchange Street, Harleston, Norfolk, IP20 9AB
The Harleston Information Plus Charity Number - 1146735
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 4:30PM - 6:30PM
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

Norfolk County Council
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 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.
**Sat. 2nd Feb. 10-12am** Messy Church: A fun morning of activities around a theme from the Bible. This time “Calming the Storm”. Activities include making a ship in a bottle, a model boat, peace pillows, an enormous boat out of cardboard boxes and a collage. Then a time of reflection and prayer and a light lunch. There is no charge, but donations will be accepted.

**Wednesday 6th. 10am-1pm** The Dove Dementia Cafe. For people with dementia and their carers. A time to meet friends, chat and share in activities to suit interests wherever possible. This is followed by a light lunch, home-made soup followed by cake and fresh fruit. Trained volunteers. No charge.

**Wednesday 13th 10am-12.30** The Pabulum Cafe for people with dementia and their carers. Similar to above but run by Age UK

**Monday 18th. 130-3pm** Dove Song: A new therapeutic singing group for people living with Parkinsons, after-effect of a stroke, or dementia. Led by a trained music therapist. Followed by a cup of tea/coffee and chat. No charge.

**Thursday 21st. 1.30-30pm** Exploring the Bible. A lively, interactive group, this time looking at the Women in the New Testament. In the Lenton Room at rear of church.

**Every Friday 9.30-12.** The Welcome Cafe, open to all and very popular for it’s freshly baked cheese scones, home-made cakes for sale, second hand books and sales table. Lots of opportunity to chat and make new friends.

**Sunday 24th February: 10.45am** Our Sunday service with hymns, prayers, interesting and helpful sermon followed by refreshments and chat.

For more information of regular hireings of the church, please go to [www.dissurc.org.uk](http://www.dissurc.org.uk)
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:
[www.south-norfolk.gov.uk/champions](http://www.south-norfolk.gov.uk/champions)
or call: 01508 533945
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**
Suicide Prevention Networking Morning - NSFT

A suicide prevention networking morning between the Norfolk and Suffolk Foundation NHS Trust's (NSFT) Adult services of Central Norfolk and third sector organisations will take place on **Wednesday 20th March 2019, 09:30 - 13:30** at the Kings Centre, King Street, Norwich.

The focus of the morning will be suicide prevention and this is an important opportunity for third sector and voluntary organisations to learn about what the clinical teams do and begin to talk about how they can work together to improve patient safety. The discussions will be informed by areas of learning identified by the patient safety team.

There will be clinical representatives from each of NSFT’s Mental Health Service across Central Norfolk.

We would very much value your attendance and input at this event, if you are able to send a representative from your teams we would also be grateful.

Please confirm you attendance to **Liz Howlett** (Suicide Reduction Plan Implementation Lead) by email - [Liz.Howlett2@nsft.nhs.uk](mailto:Liz.Howlett2@nsft.nhs.uk) by the **1st March**
One Call Away Helpline

One Call Away

Gypsy / Traveller
Depression / Suicide
Confidential Support

You can call, text or WhatsApp

Mark: 07393 561 735
Caroline: 07748 997 617

Asist Trained - Adult MHFA

We Are Here To Listen, Support And Talk With You
About Depression, Suicidal Thoughts, Self Harm
And Anxiety All In Complete Confidence

Find us on: facebook
One Call Away

Hold On, Pain Ends
Grandparents Plus – Raising a relative or a friend’s child?

Raising a relative or a friend’s child?

Are you a guardian, Special Guardian or kinship carer? Are you thinking of taking on the care of a grandchild?

Call our advice line on 0300 123 7015
www.grandparentsplus.org.uk
Grandparents Plus advice service provides:

- Free, comprehensive advice on welfare benefits and other sources of financial support.
- Independent advice and information on a wide range of other issues including employment, housing, education, disability, parenting and legal options.
- Someone Like Me telephone peer support service, giving you the chance to speak to others in a similar situation.

Call 0300 123 7015 or email advice@grandparentsplus.org.uk

Open Mon - Fri 10am - 3pm. Translation service available.
www.grandparentsplus.org.uk

Charity number 1093075
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.
Women First Fund

“We are inviting applications for projects that demonstrate good practice in achieving outcomes for women on low incomes by building their skills, confidence and aspirations to enable them to enter into employment.

The fund is open to charities, social enterprises and other non-profit organisations who have projects that support our mission of enabling women to become financially resilient. Please note, we are looking to fund existing projects that show evidence of good practice.

In this funding round we are prioritising applications from:

Greater Manchester
Newcastle, Teesside and other parts of the North East
Hull and Humberside
Leeds and Bradford
Sheffield
Merseyside
Rural communities in Kent, Cornwall, Cumbria, Dorset and Norfolk

Organisations can apply for grants of £10,000 to £15,000. We expect to award 10 -15 grants in this round.

For further information about eligibility and how to apply please visit https://www.smallwoodtrust.org.uk/women-first

The deadline for completed applications is 5pm on Monday 4th March 2019.

The successful applicants are expected to be notified in May 2019.”
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

SPORT ENGLAND

Table Tennis England