

Grow Your Community Monthly Bulletin June 2016



News from the Grow Your Community Network groups

The **Blofield and Brundall** GYC group are working hard to get a **Good Neighbour Scheme** up and running. Preparations are going well and the scheme is due to launch shortly. They are still looking for volunteers in Blofield.

The **Hellesdon** GYC group are in the process of planning a **Volunteer Fair**. The Fair will be held on **Monday 11th July 2016**, 3pm – 7pm at the Community Centre. The Fair is aimed at local groups who need volunteers, local people who would like to volunteer, and anyone who would like to find out more about what is going on in their local community. If you or anyone you know is interested in holding a stall please contact Rose on 01603 430138 or growyourcommunity@broadland.gov.uk.

The **Reepham** GYC group have arranged some drop-in sessions at Reepham library with an **Age UK Benefits Advisor**. The first session is on **22nd June 2016**, anyone is welcome to drop in anytime between 10am – 12noon. Come along and learn how to make the most of your finances. Our advisor will be on hand to offer friendly advice on a range of financial issues including how to boost your state pension, benefit entitlements, inheritance planning, employment rights for older people and how to plan for retirement. Please pass this on to anyone you know who may find it useful.

The **Sprowston** GYC group have been offered the use of some amazing **community greenhouses** at the Sprowston Hub. The greenhouses are in great condition and ready to use so the group are keen to get a project up and running ASAP to make best use of the growing season. If you or anyone you know is interested in getting involved in this project please contact Rose on 01603 430138 or growyourcommunity@broadland.gov.uk.

Events, Workshops, Training Sessions

Norfolk Community Learning - FREE Norwich Taster Sessions. Tuesday 31st May – Saturday 4th May at Wensum Lodge, Norwich. A wide range of sessions available in all sorts of different subjects, including languages, career choices, cookery, arts and crafts. Please see attached leaflet for more information.

Carers Forum – The Triangle of Care. Monday 6th June 10am – 4pm at The Great Hospital Bishopgate NR1 4EL. A forum for those caring for people with mental health problems. There will be talks and information from a range of organisations, free holistic therapies and lunch provided. Please see attached leaflet for more information.

Carers Week. Monday 6th June – Sunday 12th June. A whole host of events are being run across the County at various times and locations. Please see attached leaflet for more details.

Service of Remembrance & Thanksgiving. Wednesday 8th June 7pm. St Mary & St Margaret's Church, Church Lane, Sprowston NR7 8AU. A service of remembrance and thanksgiving for those who have died with an opportunity to light a candle. All welcome

Royal Fun Day and Free BBQ. Saturday 11th June 11.30am – 4pm. Wroxham Road Methodist Church, Cozens-Hardy Road, Sprowston. Parachute fun, face painting, painting exhibition, inflatable slide, cakes, teas, coffees and craft stalls.

Afternoon Tea Street Party. Sunday 12th June 2016 4pm – 6pm. Outside St Cuthbert's Church, Wroxham Road, Sprowston NR7 8TZ (or in the centre if wet). Come along to celebrate the 90th birthday of Queen Elizabeth II. All welcome. Please phone the church office on 01603 411194 or Christine on 01603 426492 to let us know numbers.

Carers Information Day. Monday 13th June 10am – 3pm at The Forum, Norwich. NR2 1TF. Come along and meet people who will offer help, information and advice for carers, ex-carers, older people and the lonely. For more information call Care for Carers on 0300 777 8880 or info@careforcarers.org.uk.

Dementia Friends Information Session. Tuesday 14th June 2.30pm – 3.30pm at St Williams Way Library, Thorpe St Andrew, Norwich NR7 1AJ. A free, informal session. Come along and learn a little more about what its like to live with dementia and how to turn understanding into action. For information or to book a place please contact Victoria Parsons on 01603 430121 or growyourcommunity@broadland.gov.uk.

Pet Service. Sunday 26th June 3pm. St Mary & St Margaret's Church, Church Lane, Sprowston NR7 8AU. All welcome.

Memory walks in North Norfolk for people with dementia and their carers. Running throughout July, August and September, Wednesday mornings in Cromer and Felbrigg and Thursday afternoon in North Walsham and Mundesley. All meeting points have toilet facilities and refreshment venues. Very short walks are offered for those who want to stretch their legs a bit or enjoy the outdoors from a wheelchair. The full programme can be viewed on the North Norfolk page on the Active Norfolk website at www.activenorfolk.org/north-norfolk.

Dementia Care: Staying Connected and Living Well. A 4 week free online course starting on Monday 23 May. A course to help you connect and care for someone living with dementia, focusing on everyday experiences that we see as particularly challenging and stressful. Please see the attached leaflet for further details and how to sign up.

Funding and Grants

Carers Learning Grant

Small grants for Norfolk Carers, to fund 'learning course fees' for a course or learning activity of your choice. Carers can apply once for a grant of up to £150. Courses can be one off workshops, regular classes or a course of lessons (please see attached leaflet for more information). The grants are administered by Age UK Norfolk on behalf of the Carers Agency Partnership.

For more information and an Application Form Tel: Advice Line 0808 808 9876 or Age UK Norfolk Grant Administrator Tel: 01603 787111.

Mental Health & Well-being Fund

A new Fund for Norfolk aiming to support community groups and activities that encourage mental well-being. The Mental Health & Well-being Fund has been created to help sustain and develop the support and services that voluntary sector organisations can offer to alleviate a range of mental health and well-being issues in the community. From counselling and befriending to support for carers, local provision can be a lifeline for people facing isolation and exclusion with nowhere to turn.

The Fund does not aim to fund statutory healthcare services, but to support voluntary and community sector interventions which promote mental well-being in the widest sense and for all ages.

Grants can be applied for under two strands: Small grants up to £2,000 / Large grants up to £5,000

Who can apply

The Fund is open to constituted voluntary and community groups and other charitable organisations that are able to deliver projects that clearly address the Fund's key themes below. Applicants must be based in Norfolk, or clearly delivering projects/ activities in the county that are benefitting Norfolk residents. The Fund is not able to offer funding for individuals' needs, healthcare businesses or statutory/ Government funded healthcare organisations.

What the Fund aims to support

Applicants must be able to show that their proposed project/ activity addresses one or more of the following themes:

- Helping older and vulnerable people live independently for longer
- Care and support for people recovering from trauma and abuse
- Support and respite for carers
- Recovery, rehabilitation and moving forward positively
- Growing healthy young minds

How to apply

Initial application is via a brief Expression of Interest form. As the Mental Health & Wellbeing Fund is formed from donations from a range of donors, opportunities will vary throughout the year. The timescale for decisions will therefore be variable – if you require funding for a project with a specific start date please submit an Expression of Interest at least three months ahead of when funding is needed.

[Read the full criteria and download the Expression of Interest form](#)

Interesting news and articles

[Obesity levels are on the rise in Norfolk, Suffolk and Cambridgeshire](#)

(Eastern Daily Press 30 April)

[Eating family-style meals could improve dementia patients' quality of life, Norwich research finds](#)

(Eastern Daily Press 4 May 2016)

[Essential guide to financial planning for older people](#)

(My ageing parent 5 May 2016)

[Better housing can help tackle the crisis of loneliness in older people](#)

(The Guardian 5 May 2016)

[Radcliffe Café to Offer Coffee and Cake Sessions for Older People](#)

(West Bridgford Wire Newsletter 11 May 2016)

[How to survive without public toilets](#)

(BBC News 31 May 2016)

[Public toilets 'wiped out in parts of UK](#)

(BBC News 31 May 2016)

Public Health 'Older Peoples' campaign (May & June): Falls, Dementia & Physical Activity. In over 65's, falls are the most frequent and serious accident. Public Health have put together a slide set providing information and advice on how to prevent falls in older people, and those with dementia. The slides can be accessed via their electronic catalogue:

<http://brochure.norfolklivingwell.org.uk/electronic-resources-older-people>

If you would like to include something in the next Grow Your Community Bulletin, please contact Rose on rose.waterman@broadland.gov.uk or 01603430138.