

# Grow Your Community Monthly Bulletin July 2016



## Update on GYC Network Groups

### **Blofield and Brundall**

The Good Neighbour Scheme is almost ready for launch. The next GYC group meeting is planned for 1<sup>st</sup> September 2pm at Brundall Church.

### **Hellesdon**

Plans for the Hellesdon Volunteer Fair are going well. The group have over 20 stallholders booked as well as some activities and a refreshment area planned. Posters and leaflets have gone out around the local area and articles have appeared in the local press. Please do come along and support the event if you can (poster attached).

### **Reepham**

The first Age UK Norfolk drop-in session was held this month in Reepham Library. The advisor was busy during the morning and we have received some good feedback from the sessions. A second session is planned for 20<sup>th</sup> July, please come along and support the event if you can (poster attached).

The next Reepham meeting is planned for 7<sup>th</sup> September 10am in the Clerk's office.

### **Sprowston**

Sprowston GYC has been busy promoting their greenhouse project this month. They've had articles in the Evening News and on social media. We've had a photographer from Just Regional come and visit the greenhouses, and we are hoping for a front page article in the next edition of Just Sprowston. Poster attached.

The Sprowston Dementia Café is going well. They have recently been awarded a grant of £500 from the Carers Agency Partnership (CAP), which will be spent on games and activities, music and promotional materials.

The next Sprowston meeting is planned for 13<sup>th</sup> July 10:30am at Harrisons Wood.

## Events, Workshops, Training Sessions

**Hellesdon Community Volunteer Fair. Monday 11<sup>th</sup> July 3pm – 7pm. Hellesdon Community Centre.** Organised by the Hellesdon Grow Your Community group. A great opportunity to find about what is on offer in the local area, as well as finding out more about volunteering and the opportunities available.

**Age UK Norfolk drop-in session. 20<sup>th</sup> July 10am – 12noon. Reepham Library.** Come and speak to an Age UK Norfolk Benefits Advisor, he can offer friendly advice on a range of financial issues, including boosting your state pension, benefits entitlements, planning for retirements. Organised by the Reepham Grow Your Community group.

**Dementia Information Day. 20<sup>th</sup> July 2016 9.30am – 3pm. Brundall Medical Centre.** Come along and speak to Hayley, who can give support and advice and can help to answer questions and concerns you may have. If you require more information please contact Hayley on: 01603 722756, [hayley@norfolkdaycare.co.uk](mailto:hayley@norfolkdaycare.co.uk)



**Home-Start** is a leading family support charity, and our expansion into the **Broadland** area means that we are recruiting volunteers to offer friendship and practical support to families. We welcome parent/grandparents of all ages and backgrounds, who are able to spend 2-3 hours a week befriending a family and helping them develop. Supported families have at least one child under the age of 5 years.

Our **FREE** training course runs for 9 weeks (term time only) and starts on the **22<sup>nd</sup> September 2016**. Course is being held at the **Aylsham Children's Centre on Thursdays between 9.30am and 2.30pm** (travel expenses reimbursed)

If you are interested in finding out more, please call Emma Thompson, Co-Ordinator on 07342 886053 or the Norwich Office on 01603 616400.

Email: [emma@homestartnorwich.org](mailto:emma@homestartnorwich.org) or website [www.homestartnorwich.org](http://www.homestartnorwich.org).

## Funding and Grants

### Love Norfolk Youth Social Action Fund

Grants of up to **£5,000** are available to support projects in Norfolk that engage young people in volunteering and other activities that both benefit their communities and develop their skills. Grants must be spent within 12 months of being awarded. The fund is open to registered charities, constituted community groups and other charitable organisations in Norfolk including Social Enterprises and CICs.

Deadline for applications is 5pm, Friday 5<sup>th</sup> August 2016. For more information see <http://www.norfolkfoundation.com/funds/love-norfolk-youth-social-action-fund/>

### Big Lottery Fund's Celebrate England Scheme

The Big Lottery Fund's Celebrate England Grant scheme has been set up in response to a YouGov poll where 60% of respondents said that they could not remember ever coming together to celebrate anything with their community. Big Lottery are offering £3.875 million in Celebrate funding to change this. The scheme will provide grants of between £300 and £10,000 to enable voluntary or community organisations, schools and statutory bodies to hold one off events and activities which give their community the chance to come together to mark something important, such as the Queens 90th Birthday, commemorating a local historic event or getting to know the neighbours better.

Eligible projects will need to demonstrate that they are open to everyone in the local community.

Priority will be given to applications which show:

- Communities coming together to celebrate and share their diverse cultures.
- That the proposed activity is something that the local community wants and is led by people within the community.

Applications can be submitted at any time and are open on a 'first come, first served' basis until the funding is exhausted. For more information see

<https://www.biglotteryfund.org.uk/celebrateengland>

### **Health and Wellbeing Innovation Grants 2016-2018**

Healthy Norwich is seeking to award grants to encourage and support innovation that helps create a healthier, happier Norwich. The grants will be made from two innovation funds – one for **mental wellbeing** and one for **reducing health inequalities** amongst vulnerable groups and deprived communities. Mental wellbeing and reducing inequalities are two themes which underpin everything Healthy Norwich sets out to achieve.

Applications can be made by constituted voluntary and community groups or charitable organisations, including social enterprises, served by GP Practices within Norwich CCG. Applications can also be accepted from Parish/ Town and District Councils for projects that clearly meet the Fund aims.

Grants of up to **£5,000** will be considered. Deadline for applications 5pm, 26<sup>th</sup> August 2016. For more information see <http://www.norfolkfoundation.com/funds/health-wellbeing-innovation-grants-2016-2018/>

### **Interesting news and articles**

Following feedback from a number of the GYC groups, we have put together a **Dementia Information Sheet** (attached). The sheet lists all the services available in Broadland to people living with dementia, their family and carers. It includes contact numbers, email addresses and websites. We are keen for the information to be available to anyone who may find it useful, so please pass it on.

**Carer's Emergency Card** – If you are caring for someone, it is important to get a Carer's Emergency Card to ensure that that person will be safe if you are caught up in an emergency. Carer's can create a [Carer's Emergency Plan](#) online, which is a set of information that includes details about the person they care for, the things they do to help them, and names of emergency contacts. The carer will be sent a Carer's Emergency Card, which they should carry. The card clearly states that they are a carer and that someone is relying on them to keep them safe and well. Fill in an online form to apply for a card: <https://www.norfolk.gov.uk/care-support-and-health/care/emergency-care/carers-emergency-card>. Or phone the Carers Helpline on 0808 808 9876 or Norfolk County Council on 0344 800 8020 (text phone 0344 800 8011).

[Gardening and volunteering: The new wonder drug?](#) (BBC News 12 June 2016)

[Poetry fills book's pages from Wymondham Dementia Support Group](#) (Eastern Daily Press 24 June 2016)

[How Stand-up comedy is helping improve the wellbeing of mental health sufferers](#) (Huffington Post 28 June 2016)

[Partnership formed to tackle growing mental health and wellbeing issues faced by North West educators](#) (Huddled 28 June 2016)

[Can gardening improve the nation's health?](#) (BBC News 4 July 2016)

[Can you prescribe nature?](#) (BBC News 8 July 2016)

**If you would like to include something in the next Grow Your Community Bulletin, please contact Rose Waterman on [rose.waterman@broadland.gov.uk](mailto:rose.waterman@broadland.gov.uk) or 01603430138.**