

Grow Your Community Monthly Bulletin October 2016



Update on GYC Network Groups

Hellesdon

Hellesdon GYC group have now started to plan a winter wellbeing event at the local community centre. They are planning on having lots of information and advice on keeping warm and well in the winter, as well as cookery demonstrations and some activities to do.

Reepham

Some of the Reepham group recently visited the Bawdeswell Dementia Café hosted by the local garden centre. They are now keen to set up something similar in Reepham. Our next meeting will be held at a local café who are interested in hosting a dementia group.

Reepham GYC group are also planning a winter event for early next year.

Sprowston

The Sprowston GYC greenhouse project is going really well, one of the greenhouses is now full of produce, including herbs, vegetables, fruit and bedding plants. They are hoping to have bedding plants up for sale within the next few weeks.

The Sprowston Dementia Café is also going really well. The group are now looking at making arrangements for a Christmas party.

Events, Workshops, Training Sessions

Aylsham Community Fair. Monday 10th October 2016 10am – 2pm. Aylsham Town Hall. Lots of local clubs, groups, charities and support services will be there – something for everyone of all ages. Free refreshments will be available. For more information please contact grow.community@broadland.gov.uk.

Drop in Spot. Thursdays 9.00am – 11am. Sprowston Methodist Church Cozen Hardy Road. New weekly coffee morning aimed at people of all ages and there will be some activities provided for young children. Tea and coffee, biscuits and chat.

Introduction to British Sign Language. Wednesday evenings 6.30pm – 8.30pm, starting 5th October 2016. Norfolk Deaf Association (NDA) offices, Thorpe Road, Norwich. Interactive workshops to help you to understand the language, its grammar and culture and allow you to practice in a safe and fun environment. For more information please see leaflet attached, or contact NDA on 01603 404440 or nda@norfolkdeaf.org.uk.

Odessa. We are carrying out a study in two UK towns (Stratford upon Avon & Norwich) to look at the social and community networks of older people. To find out what issues affect them in their homes and local areas; how they are being supported locally; and what more can be done to help them

continue living well as they grow older. The study called ODESSA is being led by the University of Central Lancashire UCLan

The research will involve recruiting **Research Participants** [interviewees] 55+ and **Community Researchers** [interviewers] who will find out what social and community networks people have.

We are holding a '**Drop-in Information Session**' for people interested in becoming Community Researchers on Friday, 28th October 2016. This will be held in a local venue 11am – 3pm. If you decide to go ahead we would like you to bring with you relevant documents [NI Number; ID etc] on the day so that we can proceed with the DBS check straight away.

If you are interested in being a **Research Participant** or **Community Researcher** or would like more information you can contact Alia Syed at UCLan on 07812653370 email: asyed@uclan.ac.uk; Fiona Sharp at Orbit Housing Association on 07879114914 email: Fiona.Sharp@orbit.org.uk. Susan Ringwood at AGE UK email: Susan.ringwood@ageuknorwich.org.uk.

Funding and Grants

Stay Warm this Winter Fund. The Stay Well This Winter Fund (formerly Warm & Well Fund) has been set up to support voluntary groups and charities that work to assist vulnerable people in their local community who face particular hardship over the winter months. Grants of up to **£1,000** are available for projects that help those in the community facing very real challenges as the weather gets colder; including the frail elderly, people with chronic medical conditions and the homeless. Families and children living in disadvantaged households are also included amongst those the Stay Well This Winter Fund aims to support.

For more information and to apply, please go to the Norfolk Community Foundation website: <http://www.norfolkfoundation.com/funds/stay-well-this-winter-fund/>

The Aviva Community Fund. This fund offers you the chance to get funding for an important cause in your community. We want you to submit a local community project and tell us what a difference these much-needed funds could make.

It is open to everyone - Aviva customers, employees, insurance brokers or financial advisers (whether associated with Aviva or not) and the general public - we want you to enter a project for your community and tell us what a difference these much-needed funds could make.

Get enough votes from your friends, family and supporters and you could reach the finals, where our judging panel picks the winners and awards the funds.

More information can be found here - <https://community-fund.aviva.co.uk/acfcms/about-the-competition>

Interesting news and articles

[Green spaces worth £2.2bn to public health in England.](#) BBC news. 20 September 2016.

[Illness associated with lifestyle cost the NHS £11bn.](#) BBC news. 25 September 2016.

[New report finds mental health and opportunities for young people is key challenge for county.](#)
Eastern Daily Press. 4 October 2016.

[Bid to keep vulnerable in Norfolk warm and safe this winter.](#) Eastern Daily Press. 5 October 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 or 01603430138.