

# Grow Your Community Monthly Bulletin September 2016



## Update on GYC Network Groups

### **Blofield and Brundall**

The Brundall & Blofield Good Neighbour Scheme launched on 1<sup>st</sup> August. The scheme is run and staffed by vetted, insured and trained volunteers who can help local people that may be less able or in need of support with everyday non-emergency tasks. An article appeared in the EDP promoting the scheme and calls are now starting to come in.

The last GYC group meeting was held on Thursday, 1<sup>st</sup> September 2pm, where the group discussed the best way of taking the group forward.

### **Hellesdon**

After the success of their Volunteer Fair last month, the Hellesdon group are now looking at new ideas for the future. They are looking forward to discussing their ideas at the next meeting.

The next GYC group meeting is planned for 8<sup>th</sup> September 10am, at the Community Centre.

### **Reepham**

The Reepham group are currently trying to organise some mental health training for young people in the area. They are in discussion with Norfolk Social Services about working together on setting up a dementia group for the town. And they are also hoping to run an event later this year and are currently coming up with ideas and a plan.

The next Reepham meeting is planned for Wednesday 7<sup>th</sup> September 2016, 10am in the Town Council Clerk's Office.

### **Sprowston**

The Sprowston group have been busy getting their community greenhouse project going. A few meetings have now been held, and they have all sorts of herbs, vegetables, and fruit starting to grow. They have put in a bid for some funding to purchase some equipment for the greenhouses.

The Dementia café is also doing really well, with numbers of attendees increasing each month. Funding from CAP has now been received and the group have purchased some games and activities and some promotion materials for the café.

The next Sprowston meeting is planned for **Wednesday 21<sup>st</sup> September 2016 10.30pm – 12.30pm** at the Sprowston Hub.

## Events, Workshops, Training Sessions

**Walk for a World without Dementia. Saturday 10<sup>th</sup> September. Arrive from 10am, walk starts at 11am. Eaton Park (meet at the bandstand).** It's going to be a fantastic day, so dig out your boots, get your friends and family together and get walking! Find out more from their [website](#).

**Healthier Fair. Monday 12<sup>th</sup> September 9am – 4pm at The Forum, Norwich.** The Healthier Fair is a showcase of community NHS services, provided by Norfolk Community Health and Care, across the county. Find out more about NCH&C's services and meet staff including; community nursing teams, physiotherapists, diabetes specialists, infection control nurses, smoking cessation teams, and children's services. Find out more from their [website](#).

**Safeguarding Week. 12<sup>th</sup> – 19<sup>th</sup> September 2016. Look in the press for information and events going on in your area during Safeguarding Week.**

In Norfolk 2,709 safeguarding adult concerns were raised between April 2015 and March 2016 (in England there are over 100,000 cases reported of adults being abused each year). Most often the abuse is carried out by someone known to the person who is being harmed.

In our local parish, we probably know someone who needs help with their money, to pay their bills or for shopping, or support to get around or carry out daily tasks. Often there is a formal or informal arrangement in place with social services, a care home, carer, friend or relative. Sometimes, though, things may go wrong. The person needing support may feel uncomfortable, afraid or hurt in the situation, or find their money or possessions are being taken from them.

Adults can suffer from all sorts of abuse. As well as physical, emotional and sexual abuse, people can experience financial abuse – when people take money or belongings without asking. People can be neglected, when people who are there to help do not look after people properly or neglect themselves to extent that this puts them at risk.

The individual causing the harm may be a stranger, but as the statistics show, more often than not it is someone they know and usually feel safe with, often in a position of trust and power, such as a health or care professional, a family member or relative or neighbour. But everyone has a right to feel safe, to make their own decisions and to be respected and listened to, and live free from abuse or neglect.

So look out for the signs of abuse. These can include someone who looks dirty, is not dressed properly or has an injury that is difficult to explain. Other signs can include someone who seems frightened around certain people, seems unusually down or withdrawn or who finds money missing. Trust your instinct – if something doesn't feel right, it probably isn't. Even if you're not sure whether these signs mean abuse, you should still report them to Norfolk Social Services. You can report your concern anonymously, but please give us as much information as possible so that we can follow it up.

To speak up and report abuse by phone 0344 800 8020, text 07767 647670 or online at: [online.norfolk.gov.uk/socialcareenquiry](http://online.norfolk.gov.uk/socialcareenquiry). In an emergency you should call the police on 999. If you'd like more information visit [www.norfolk.gov.uk/speakup](http://www.norfolk.gov.uk/speakup)

**From Droughts to Downpours – Preparing for Severe Weather in Broadland. Community Workshop Saturday 1<sup>st</sup> October 10:30 – 14:00 at Acle Recreation Centre**

Over the last few years communities around the UK have had to deal with all kinds of severe weather from torrential downpours causing surface water flooding to heatwaves, droughts, high winds or heavy snow. The impacts on communities vary from minor travel disruption to power cuts or even destruction of property when flooding hits.

A changing climate means that these severe weather events could become more frequent and with this in mind BDC together with Norfolk County Council, The Broads Authority, Environment Agency and Met Office is running a Severe Weather Workshop to help communities prepare.

This free workshop will take place on Saturday 1st October at Acle Recreation Centre and will run from 10:30 to 14:00 with refreshments and lunch provided.

With input and discussion from agency experts and fellow communities the event will provide a great opportunity to share ideas and build some strong resilience networks. Everyone is welcome from those who are curious about the impact of severe weather to those with emergency plans in place. No previous experience is necessary so come along and join the fun! To book a place please contact Simon Faraday-Drake (Broadland Emergency Planning Manager) on 01603 430 434 or email [emergency-planning@broadland.gov.uk](mailto:emergency-planning@broadland.gov.uk)

**Home-Start are recruiting parents / grandparents who can offer friendship and support to families in the Broadland area. Join them for coffee and find out more about their new FREE course on Thursday 15<sup>th</sup> Sept from 9.30am-11.30am at Aylsham Children's Centre, The Pavilion, Aylsham Recreation Ground, Sir Williams Lane, Aylsham, NR11 6AB.**

Home-Start is a charity committed to promoting the welfare of families with at least one child under 5, part of a network of 288 independent Home-Start charities across England. They offer informal and friendly training to parents who through their own experiences can offer support to other families in their community. We welcome all ages and backgrounds as long as you have parenting experience and are able to spend 2 — 3 hours a week befriending a family and helping them develop. The FREE training course runs for 9 weeks (term time only), starting on Thursday 22nd Sept 9.30am — 2.30pm at Aylsham Children's Centre . Travel expenses reimbursed. For more information call Emma on 07342886053 or our Norwich office 01603 616400 or visit [www.homestartnorwich.org](http://www.homestartnorwich.org)

**Dementia knows no boundaries: creating dementia friendly communities in Norfolk. Thursday 20<sup>th</sup> October 2016, 9:30 AM – 12:45 PM at the Costessey Centre, Longwater Lane, Costessey.** This event is aiming to reach out to members of the community across Norfolk who are not already aware of some of the dementia friendly developments taking place within communities, or part of existing support/dementia networks. Please see [Eventbrite](#) for further information about this event.

**Carers Survey**

Norfolk County Council is working with carers and carer groups to decide what information and support services they need to have in place when the current carers support service contract comes to an end in July next year. It is really important that they reach as many carers as possible to hear their views and opinions about what they need to continue their caring role. If you would like to complete the survey please click [here](#).

## Funding and Grants

### Greggs Foundation's Local Community Project Fund

Provides grants of up to £2000 to not-for-profit organisations for projects providing equipment for people in need at the heart of local communities. Eligible projects should improve resilience within a community of interest and can include sessional activities. Equipment for sessional activities, trips and residential breaks. Deadline for applications is **30<sup>th</sup> September 2016**. For more information go to: <https://www.greggsfoundation.org.uk/grants/local-community-projects-fund>

### Victory Housing Trust Community Fund

Grants of up to **£5,000** available. Open to charities, voluntary and community groups as well as parish and town councils, working in the Victory Housing Trust's area of operation which includes the North Norfolk District Council area as well as certain parishes in Broadland and West Norfolk. The fund makes grants that address the following priorities:

- Promoting health and well-being
- Tackling disadvantage
- Supporting local solutions to local needs
- Promoting community cohesion
- Developing sustainable and supportive communities
- Improving the environment for the Trust's tenants
- the provision of sports and playground equipment

The Fund will consider applications for a variety of costs including capital costs, venue hire, equipment, promotional costs, start-up expenses, running costs and training. The average grant size is around £2,800. Funding is for a maximum of one year only. **Closing date - 5pm on 30 September**. For more information: <http://www.norfolkfoundation.com/funds/victory-housing-trust-community-fund/>

### Peoples Postcode Trust – 2016 Grants

The Trust wants to make the world a better place through short-term funding for projects that help to prevent poverty, support healthy living initiatives and uphold human rights for some of society's most vulnerable groups. It will also consider projects which help different communities come together for better understanding and community relations.

The Trust offers funding to help organisations find real solutions to tackling the root causes of poverty and its long-term consequences by, for example, helping people gain the skills, knowledge and resources they need to lift themselves out of poverty. Poverty prevention can focus on relieving other needs, such as those associated with ethnicity, geography, gender and lack of educational and skills development.

Examples of projects which may fit within the Trusts criteria are:

- Training programmes to boost skills and opportunities for disadvantaged groups.
- Homelessness support.
- Prevention of anti-social behaviour in young people.
- Support for at-risk families (parenting support).
- Improvements to physical and mental health.
- Promotion of human rights.
- Services around domestic violence.
- Integrating refugees.

Grassroots organisations, local charities and non-profit community businesses that are seeking to effect positive change within their local area in England, Scotland and Wales are eligible to apply.

Grants range from £500 to £20,000 for those in Scotland and England and up to £10,000 for those in Wales. **The second deadline for applications is 30 September 2016 (5pm).** More information on their website - <http://www.postcodetrust.org.uk/applying-for-a-grant>

## Interesting news and articles

[Volunteering may boost mental wellbeing in older adults.](#) NHS Choices. 9<sup>th</sup> August 2016.

[NHS dementia atlas reveals patchy care.](#) BBC News. 16<sup>th</sup> August 2016.

[‘Green prescribing’ urged to get older people active outdoors.](#) BBC News. 26<sup>th</sup> August 2016.

[Doctors urged to offer ‘exercise outdoors’ prescriptions.](#) BBC News. 6<sup>th</sup> September 2016.

[More than Medicine: new services for people powered health.](#) Nesta.

[Shelf Help – Books on prescription.](#) Public health teamed up with Norfolk libraries and funded the purchase of a library of 35 self-help and literature books aimed at helping teenagers with mental health problems.

**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.**