

Grow Your Community Monthly Bulletin December 2016



Update on GYC Network Groups

Hellesdon

The Hellesdon group have been busy this month organising their 'Heat and Eat' event, which was held earlier this week on Tuesday 29th November at the Hellesdon Community Centre. The event was aimed at helping local people stay safe, warm and well over winter. We had over 20 stallholders offering relevant information and advice, we served everyone a free community lunch (provided by Asda and the town council), we had slow cooker workshops running in the adjacent room, and we had a few activities for everyone to join in with.

We had some amazing volunteers putting in a lot of hard work on the day, preparing food, washing up, clearing tables, welcoming people, etc. which really helped to make the event a success and a lovely social occasion.

Lots of people from the local community came along and we've have received lots of positive feedback about the event. We were very privileged to have a visit from the Chief Constable Simon Bailey, as well as a number of local councillors.

Reepham

The Reepham group are busy getting everything ready for the launch of a new dementia group in the town. They have linked up with a local café and are planning on holding a social gathering for anyone with memory problems and their carers to come along to and enjoy a lunch together. The group is planned to launch in the New Year.

The group are also busy getting plans in place for their winter event in January.

Sprowston

The Sprowston Community Dementia Café is going really well. They are currently planning a Christmas party for later this month. There will be a choir, a light buffet and some festive activities.

The greenhouse project is also going well. We now have an electrician booked in to reconnect the electrics and install some new lighting. We will then be able to get the intergenerational project started. The group are selling produce, including pansies, wall flowers, herbs and lettuces, if anyone would like to buy some please get in touch.

Events, Workshops, Training Sessions

Christmas Carols and Festive Stories. Tuesday 6th December 1.30pm – 3.00pm. Wroxham Library. Come along for some old fashioned festive cheer around the Christmas tree. Booking advisable – 01603 782560. More details on the poster attached.

Be a Santa to a Senior. Each year Home Instead Senior Care organises a Christmas gift giving scheme. Members of the public donate gifts, volunteers wrap the gifts, members of the public and local organisations nominate vulnerable older people to receive the gifts. If you would like further information, are able to volunteer a little of your time to help create a special Christmas for an older person in Norwich or would like to nominate an older person to receive a gift, please contact Mark on 07826 542528 or email mark.johnston@homeinstead.co.uk.

Dementia Friendly Film Screenings. Cinema City, Norwich. Dementia Friendly screenings aim to make cinema more accessible to local dementia communities by providing a fun and inclusive experience to enable people living with dementia, their families and carers to attend the cinema in a safe and welcoming environment. Complimentary tea, coffee and biscuits will be on offer before the screening and there will be a 20-minute interval halfway through the film. For more information please go to <https://picturehouseblog.co.uk/2016/10/18/dementia-friendly-screenings/>

Historypin. Historypin is a way for people to come together to share and celebrate local history. It consists of a shared archive, a mutually supportive community and a collaborative approach to engagement with local history. <https://www.historypin.org/en/>

Broadland Garden Waste survey

If you live in the Broadland area, please take a few minutes to complete the survey on garden waste and brown bins. The environment team are carrying out this survey to understand the needs of our residents and their current and future potential use of the garden waste service. You don't have to be a current subscriber of the service to give your views – if you don't have a brown bin, they'd like to find out why, and what changes could be made to the service to make it more suitable for residents' needs. The survey can be accessed at

<https://www.surveymonkey.co.uk/r/BroadlandGardenWaste>.

Police Budget Consultation for 2017/18

Norfolk PCC Lorne Green has recently launched his public police budget consultation for 2017/18. The Office of the Police and Crime Commissioner for Norfolk wants to ensure that as many people as possible are aware of the consultation and have the opportunity to have their say and influence the PCC's police budget proposals.

A message from your Police and Crime Commissioner, Lorne Green:

"As your PCC, I am responsible for setting our county's policing budget, and with it, how much you contribute through council tax. 60% of Norfolk's policing budget is funded by the Government; your council tax contribution makes up the rest. With such a significant contribution coming from your pocket, I'm reaching out to all Norfolk residents for their views before I take my budget proposals to the county's Police and Crime Panel early next year." [Take the online survey now](#)

The Herbert Protocol. The Herbert Protocol is a national scheme used by Norfolk Police and other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing, including those living with dementia. Carers, family members and friends can complete in advance, a form recording all vital details such as medication required, mobile numbers, places previously located, photographs. In the event of your family member or friend going missing, the attached form can be easily sent or handed to the police to reduce the time taken in gathering this information. Form attached.

Funding and Grants

Broadland YAB Fund. The Broadland Youth Advisory Board (YAB) is a group of young people and professionals in Broadland that meet on a regular basis to discuss issues that impact on young people and play a strategic role in meeting need. As part of its activities to increase and enhance youth provision in the Broadland area, the YAB would like to fund projects that will make a difference to the lives of young people and has made available a £20,000 small grants programme. The programme is designed to support youth activities and help young people who face barriers to accessing opportunities. Voluntary groups and individuals can apply under four separate schemes. Applications accepted on a rolling basis. Applications via the Norfolk Community Foundation website: <http://www.norfolkfoundation.com/funds/broadland-yab-fund/>

Resolute Community Fund. The Resolute Community Fund has been created to support a wide range of charitable, voluntary and community activities across Norfolk that aim to enhance the employability and life skills of young people, and support families and young people. The Fund will focus on small grants up to a maximum of £2,000. Deadline for applications is 27th January 2017. Applications via the Norfolk Community Foundations website: <http://www.norfolkfoundation.com/funds/the-resolute-community-fund/>

Interesting news and articles

In Good Company - <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/in-good-company>

[Over-65s advised to eat hot meals to cope with winter.](#) 7 November 2016. BBC News.

[Dementia now leading cause of death.](#) 14 November 2016. BBC News.

[‘A terrible time’: Daughter recounts mother’s dementia battle.](#) 14 November 2016. BBC News.

[Dementia games ‘shows lifelong navigational decline’.](#) 17 November 2016. BBC News.

[Anger after Tesco decides to scrap free buses to Norwich superstore.](#) 22 November 2016. Eastern Daily Press.

[Sprowston Community High School awarded £12,000 to improve outdoor learning area.](#) Eastern Daily Press. 1 December 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 01603 430138.