

Grow Your Community Monthly Bulletin January 2017



Update on GYC Network Groups

The last month has been quiet for all the GYC groups as everyone has been busy with their Christmas and New Year festivities.

The Reepham group are ready to launch their new Dementia Group on Monday 9th January. The group will meet at Kerri's Farmhouse Pine on every second Monday, giving people the opportunity to meet with friends, relax away from home and share stories and support.

The Reepham group have also been busy arranging their 'Heat and Eat' event for Saturday 21st January, 10am – 12 noon at St Michaels Church Community Hall. There will be a selection of local organisations offering information and advice on keeping safe, warm and well in winter. Slow cooker workshops will also be running alongside the event and the church will be running a coffee morning with a selection of hot drinks and refreshments.

The Sprowston group put on a lovely Christmas party at their dementia café. We had a local choir performing and giving everyone the chance to join in. And a tasty buffet, with lots of delicious homemade treats. The event was thoroughly enjoyed by all.

The Sprowston Greenhouse project have been busy sorting out the electrics in the greenhouses. We now have electricity and lighting in the greenhouses. This means we can get started with our intergenerational project and run some evening sessions throughout the winter.

The Hellesdon group are recovering after their efforts at their 'Heat and Eat' event at the end of November. The event was a great success, with lots of stalls giving out information and advice, a free community lunch, a cooking demonstration, and slow cooker workshops.

Events, Workshops, Training Sessions

Reepham Dementia Group launch. Monday 9th January 12noon – 2pm. Kerri's Farmhouse Pine, The Old Railway Station, Station Road, Reepham NR10 4LJ. The group will meet every second Monday (excluding bank holidays). It will provide a quiet area to meet with friends, relax away from home and share stories and support and it is open to anyone with memory problems and their carers. Leaflet attached with further details.

Dance for Wellbeing. The Garage, Norwich. Starting 16th January 10am. Kick start your week with a class aimed at improving your wellbeing through movement. £2 per class, including a cup of tea. Poster attached.

Heat and Eat event. Saturday 21st January 12am – 12noon. St Michaels Church Community Hall, Reepham. Speak with local organisations to learn how to keep safe and well this winter. Slow

cooker workshops will be running alongside the event (places are limited, get in touch to book. Leaflet attached with further details.

Central Norfolk Walking for Health. We offer a range of walks in East Broadland, Norwich City and South Norfolk. The walks are graded to suit most ability and fitness levels. Try a short, slower-paced walk or a more challenging one and see how your fitness improves over time. Walks take place in parks, interesting urban areas and scenic countryside. **Everyone is welcome to turn up and register. No booking required.** The walks are offered most days of the week and are led by trained leaders who will greet you and explain any safety points to be aware of during the walk. Walks are free but donations are appreciated to help run the scheme. For more information and a calendar, go to <https://www.walkingforhealth.org.uk/walkfinder/central-norfolk-walking-for-health>

Pushing Ahead Norfolk. A new Department for Transport funded project to promote walking and cycling, support active travel, and boost economic growth in Norwich and Great Yarmouth has just launched its new website. The Pushing Ahead website www.pushingaheadnorfolk.co.uk contains all the information you need to get out the door:

- Colour-coded route maps of dedicated cycling paths throughout Norwich, Walking and cycling maps for Great Yarmouth
- Links to a Personalised Journey Planner
- Information about the Cycle Loan Scheme
- Top tips for bike maintenance and cycling safely
- An events calendar about some of the family-friendly walking and cycling

Norfolk Directory. The Norfolk Directory is a useful online directory that can be used to find a range of clubs, organisations, groups and services in Norfolk. The search results can be narrowed to just those organisations within 1, 5 or 10 miles of your postcode or widened to include the whole of Norfolk. There is a What's On feature to allow you to go to a specific day to see what's on in your area. There are many ways that the Directory can be used:

- To look up clubs etc for yourself or others and shortlist them to print out or email, or for future reference.
- To register a group, club or service.
- To see what is available in an area already before setting up another group/club, to prevent duplication.
- To see where there are gaps in areas for a particular group or club and set one up.
- To give feedback on a club or service through 'rate and review'.

To find out more about the Directory please go to: www.norfolk.gov.uk/directory. All records and feedback are monitored by the web team at Norfolk County Council.

Funding and Grants

Communities Fund. Funding for projects that bring together the community and local authorities to design and implement services in partnership. For more information go to <https://www.gov.uk/government/publications/communities-fund-prospectus-and-bidding-form>

Love Norfolk/ Norfolk 100 Fund. Grants of up to **£3,000** for charitable groups in Norfolk working to improve mental health and wellbeing in the community. This may include projects to reduce isolation for elderly or vulnerable people, support for carers, counselling or befriending services, or projects to benefit mental wellbeing for young people. Deadline 20 January 2017. Find out more and apply at <http://www.norfolkfoundation.com/funds/love-norfolk-norfolk-100-fund/>

Norfolk Village Halls Fund. The Norfolk Village Halls Fund has been created to support the maintenance, equipment and activity costs of Village Halls and Community Centres across Norfolk. Grants of up to **£500** are available. Applications are accepted on a rolling basis while funds are available. Find out more and apply at www.norfolkfoundation.com/funds/norfolk-village-halls-fund/

Interesting news and articles

[The Slow Cooker Revolution](#). BBC News. 18 December 2016.

[Viewpoint: Caryl Mulligan's campaign to change how we view dementia](#). BBC News. 27 December 2016.

[Eight in 10 middle-aged Britons 'are overweight or exercise too little'](#). The Guardian. 28 December 2016.

[Art may reveal the early signs of dementia](#). BBC News. 29 December 2016.

[The psychological secrets to successful resolutions](#). BBC News. 1 January 2017.

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.