

EAST LOCALITY – COMMUNITY FOCUS

WEEKLY BULLETIN 144

Date: 15.03.2019

RESOURCES

- Great Yarmouth Primary Academy – 2nd hand uniform/stationery request (page 2)

EVENTS

- Beginners Guide to Self Employment Workshops, opportunity to publicise services (page 2)
- Anchor Project Launch – Leeway (page 3)
- Compassionate Community (pages 4 & 5)
- Upton Walk – fundraising for MIND (page 6)
- Great Yarmouth's New Water & Leisure Complex (page 7)

TRAINING/COURSES

- Community Kitchen Roadshows (page 8)
- Food Shopping on a Budget (page 9)
- Get Started in Nail Art – Princes Trust (page 10)
- Stop Hate In Norfolk (page 11)

DIRECTORY

- Norfolk Community Directory (page 12)

SUPPORT SERVICES

- Make It Happen Drop In (page 13)
- Sunflowers Nursery Places for Sept 2019 (page 14)
- Getting Kids to Drink Water (page 15)
- YHA Holiday Breaks (page 15)
- Learning Disabilities Health and Social Care Drop In Clinic (page 16)

VACANCIES

- Sports Community Development Worker DIAL (page 17)
- Housing Options Adviser (page 18)
- Multi Disciplinary Worker for DIAL (page 18)

SURVEY

- Adult Learning Survey (page 19)

Please email: cs.cpcc.gtyarmouth@norfolk.gov.uk, if:

- you would like to be added to the distribution list for this bulletin
- you wish to be removed from the distribution list
- you have any items which you would like to be included in the bulletin
- you need any other help or information

The information provided in our bulletins is sent to us from various sources. We try to ensure the information is correct at the time of publication but there may be some inadvertent errors. Publication in our bulletin does not necessarily constitute an endorsement of a service / organisation and we would advise you to take reasonable steps to check the services offered and organisation prior to using them – especially if you are referring children, young people and vulnerable adults to a service. Norfolk County Council cannot accept any liability for any services provided by a third party.

RESOURCES

Great Yarmouth Primary Academy School Uniform/Stationery Shop – Can you help by donating new or good quality second hand items ?

Do you have any of the following :

- ***Stationery : Pens, Pencils, Rulers and Rubbers***
- ***Uniform (age 4 – 11) : Navy Plain T-Shirt, Navy Plain Shorts, White Shirts (boys / girls), Grey Trousers, Grey Skirts.***
- ***Clothes Rail***

If the answer is yes, then Great Yarmouth Primary Academy are setting up their own uniform/stationery shop in order to support their children. They would greatly appreciate your support and would be happy to receive your donated items.

You can deliver anything that you may have straight to GYPA on Dickens Avenue in Great Yarmouth for the attention of Eurel Gray-Read. If you are unable to deliver them direct to the School, please call Becky Norris (Community Capacity Coordinator in the Children's Services Early Help Team) on 07778258539. Becky will arrange collection of any items and drop them directly to the School. Many thanks

Source : Eurel Gray-Read and Sarah Agger, Great Yarmouth Primary Academy /Becky Norris NCC Early Help

EVENTS

COMMUNITY KITCHEN PROJECT

As you may be aware Top Banana have recently received funding from GYBC Inclusion Grants to extend the "Community Kitchen" project with a series of health roadshows throughout Great Yarmouth & Gorleston*. The project will culminate with 2 "Beginners Guide to Self Employment" workshops. We would like to invite other local community projects to attend and publicise the services they offer. If you would like to join us on any of these dates just drop me a line.

Simon Risi
Risi Bici Cafe Deli / Top Banana CIC
0772 5531697

***See page for details on Health Roadshows and Beginners Guide to Self Employment Workshops.**

Source: Simon Risi, Top Banana



ANCHOR PROJECT LAUNCH

Tuesday 2nd April 2019

9am - 1:30pm

The Space, Norwich, NR7 8SQ

The **Anchor Project** is a new pilot project working in partnership with **Leeway, The Matthew Project, Orwell Housing, and Change, Grow, Live** to support any victim of Domestic Abuse across Norfolk, who has additional needs including poor mental health & substance misuse.

To find out more on how the service will be delivered and how to refer, come to the launch event.

To book your free place go on www.eventbrite.co.uk and search for 'Leeway' in Norwich, UK.



Lunch will be provided.



0300 561 0077



www.leewaysupport.org

Charity No. 1079214

There is also provision for a market stalls where agencies can promote their services, please find attached the booking form if they require a market stall space. Contact Leeway.

Compassionate Communities



A PUBLIC HEALTH APPROACH TO PALLIATIVE & END-OF-LIFE CARE

Tuesday 14 May 2019, 11am-3pm (arrive from 10.30am)

Julian Study Centre Lecture Theatre,
University of East Anglia

KEYNOTE: PROF ALLAN KELLEHEAR, PRESIDENT OF PUBLIC HEALTH PALLIATIVE CARE INTERNATIONAL

&

DR BARBARA GALE, CEO ST NICHOLAS HOSPICE CARE

DR LIBBY SALLNOW, PALLIATIVE MEDICINE CONSULTANT AT CNWL & UCLH

Followed by audience Q&A

Supported by:



The event is **FREE** to attend

Event Speakers:



Prof Allan Kellehear PhD FAcSS is President of Public Health Palliative Care International. He is currently Professor of End of Life Care and Director of the Digital Health Enterprise Zone at the University of Bradford. Professor Kellehear has formed a collaborative of 5 cities across the UK, Ireland, Spain and Austria who are running Compassionate Cities programmes. As an inspirational innovator, author and international lead for the public health approach to palliative and end of life care, we are delighted to welcome Professor Kellehear to UEA.

Dr Barbara Gale PhD MBE was appointed Chief Executive of St Nicholas Hospice Care in Bury St Edmunds in Suffolk in 2007, and has qualifications in Nursing, Specialist Palliative Care and Systemic Family Therapy. She is a Visiting Senior Fellow in End of Life Care, Department of Nursing Studies at the University of Suffolk. Barbara has been involved with Hospices since 1981, when she first started working at Sir Michael Sobell House in Oxford. She completed the Masters in Hospice Leadership in 2010 and was awarded a PhD in Palliative Care from Lancaster University. Her thesis explored the stories of community hospice volunteers. Barbara's current focus is on delivering a community-focused service using a flexible workforce and volunteers.



Dr Libby Sallnow MBBS MRCP MSc PhD is Palliative Medicine Consultant at Central and North West London NHS Foundation Trust and University College London Hospitals NHS Foundation Trust. She is an honorary senior clinical lecturer at St Christopher's Hospice & University College London. Her PhD evaluated the impact of compassionate communities in practice and she has supported the development of the international movement in new public health approaches, exploring the benefits of collaboration for communities and hospices, the role volunteers and communities can play in end of life care and developing new models of engagement. Libby is supporting the Lancet Commission on the Value of Death, exploring the relationship between death and medicine across the global. She is a founding member of Public Health and Palliative Care International (PHPCI) and the public health reference group for the EAPC.

Admission is **FREE** and refreshments will be provided.





RAISING FUNDS FOR GREAT YARMOUTH & WAVENEY MIND UPTON WALK

SUNDAY 19TH MAY 2019

- 6-mile NWT mapped walk with marshals
- Pre-event registration £5 per family or person - £6 on the day
- Registration and Sponsorship forms at: uptonwalk@gmail.com
- Walk without sponsorship: register beforehand or pay on the day profits to Boudicca Appeal
- Car Parking, Stalls and Light Refreshments
- Enquiries to uptonwalk@gmail.com or phone Tony Marsh 07493 071632 walk organiser on behalf of Norwich Centenary Rotary



Rotary Club of Norwich Centenary

Rotary



**Rotary:
supporting local
charities**

Start / Finish
Upton Village Hall
NR13 6AU

Flexible start time
between 9.00 am
and 10.00 am

Enjoy beautiful
countryside and river
views around Upton

Any profits from our
registration fees to
be donated to
Boudicca Appeal
(Breast Cancer Unit)

[WWW.NORWICHCENTENARY
ROTARYCLUB.CO.UK](http://WWW.NORWICHCENTENARYROTARYCLUB.CO.UK)

In conjunction with
Upton Parish Council
Upton Village Hall
White Horse PH
Norfolk Wildlife Trust

uptonwalk@gmail.com

Source: Facebook

Great Yarmouth's New Water & Leisure Complex

Artists impressions and floor plans for the new complex are now available.

There is another chance to see the designs and have your say at Gorleston Library on Tuesday 19th March – 11am to 7pm.

For anymore feedback or if you have any questions go to:-

<https://www.great-yarmouth.gov.uk/golden-mile>

All artists impressions and floor plans can be seen on this website.



Source: Marina Centre Facebook page

TRAINING

TOP BANANA PRESENTS...

COMMUNITY KITCHEN HEALTH ROADSHOWS

GREAT YARMOUTH

Wed 3rd April **St. Nicholas Park** The Barracks 8-10am
Tues 9th **Beavans Court** Cobholm 10am-12
Wed 10th **St. Nicholas Park** The Barracks 10am-12
Tues 16th **Beavans Court** Cobholm 10am-12
Tues 23rd **Edward Worledge School** 8-9:30am
Wed 24th **New Town Community Centre** North Denes 10am-12
Tues 30th **Edward Worledge School** 8-9:30am

GORLESTON

Wed 10th April **Magdalen Square** 2-4pm
Wed 17th April **Crab Lane** 2-4pm
Wed 24th April **Bridge Rd** 2-4pm
Wed 1st May **Morrisons** 2-4pm

The Community Kitchen are a series of free activities for anybody who wants to find out what's happening in their community or pursue a healthier & more productive lifestyle. Activities on the day include a free pop up cafe with barista coffee, practical healthy eating demos & outdoor games.

BEGINNERS GUIDE TO SELF EMPLOYMENT WORKSHOPS

Wed 8th May **Middlegate Hut** 10am-12 & **MESH Gorleston** 2-4pm

This informal workshop is ideal for anybody thinking about starting their own business and covers income vs expenditure, self employment on Universal Credit and more. Free food & drink provided!



Find us on Facebook for more information "Top Banana"



Want to learn?
You know where to turn 

Join us for a free fun course at Great
Yarmouth Library

Food Shopping on a Budget

To register your interest
Email Rachel Dunn

CLDO@norfolk.gov.uk

Or text, call or leave a message for Rachel
on 07450 717150



Learn useful hints to make the most of your food shopping budget;
compare prices and special offers; share tips with the rest of the
group and best of all cook a delicious meal.



www.norfolk.gov.uk/adultlearning

[@NorfolkCLS](https://twitter.com/NorfolkCLS)

[f Norfolk Community Learning Services](https://www.facebook.com/norfolkcommunitylearning)



European Union
European Social Fund
Investing in jobs and skills



Get Started

with Nail Art



Are you 16-25? Not in Education, Employment or Training?

The Prince's Trust and Solis Nail and Beauty Training are offering a **FREE** one week training course which gives you a fantastic opportunity to work in a fun and new environment

Programme: Monday 29th April - Friday 3rd May 2019
Location: Great Yarmouth
Interviews: week commencing 15th April 2019



- Learn about different nail techniques
- Get to have a go with different nail art products
- Chance to gain two accredited BABTAC level 2 qualifications in Luxury Manicure and Gel Polish
- Work with experts in the beauty industry
- Enjoy a fun week improving your teamwork, communication skills and confidence.
- Three months support after the programme
- The course will cost you nothing - your travel expenses and lunch will be provided each day

LIMITED PLACES AVAILABLE

To join the course or find out more:

Call for Free on 0800 842 842



Prince's Trust

**YOUTH
CAN
DO IT**

Source: Peter Hennessey, Princes Trust

Stop Hate in Norfolk (SHiN)

training session

At Great Yarmouth Library

April 4th 11am– 12.30 or 1.30pm –3pm

Contact the library on yarmouth.lib@norfolk.gov.uk to book a place.



**STOP HATE
IN NORFOLK**

**HELP STOP
HATE CRIME
REPORT IT**

If you've witnessed a hate incident, or been a victim, **you can tell us here.**

Physical or online abuse, assault, threats, offensive material or criminal damage directed to someone because of their disability, gender identity, faith or belief, race or sexual orientation are crimes.

How to report a hate incident –
At any place displaying this sign

By calling the police on **101**.
In an emergency always dial **999**.
Online at www.norfolk.police.uk/stop-hate

 Stop Hate
in Norfolk

 NORFOLK
CONSTABULARY
Our Priority is You

 Norfolk County Council

Source: Sue Robinson, EH Hub (asked to be put in again)

DIRECTORY

NORFOLK COMMUNITY DIRECTORY

Is your organisation or service registered on the Norfolk Community Directory:



Visit the Norfolk County Council website -
<https://communitydirectory.norfolk.gov.uk/>

and click on the link to add your service.

SUPPORT SERVICES



Come along for our weekly drop in, every Monday 10.00 - 1.00, whether you want to chat about broken street light, getting more involved in community groups or just a good natter at:

Make it Happen, Kingsgate Café, Queen Anne's Road, Southtown NR31 0LE

Source: Freya, Community Connector, MIH Neighbourhood Team King Centre



15 and 30 HOURS A WEEK **FREE PLACES** FOR ELIGIBLE
2 – 4 YEAR OLDS

Open 8am – 5pm

Sunflowers Nursery

At Northgate Primary School, Northgate Street, Great Yarmouth NR30 1BP

Quality Childcare in the heart of town

We are able to offer up to 30 hours a week free for eligible 3 and 4 year olds
and up to 15 hours a week for eligible 2 year olds

Here at Sunflowers we are committed to providing quality care in a
stimulating environment

- OFSTED registered
- Highly qualified staff
- High standard of care and education

Full and Part-Time Vacancies
Open door policy – Call in anytime for a viewing



If you would like to book a place or arrange a visit
Call Sunflowers on 01493 856515 or email
sunflowers@northgateprimary.norfolk.sch.uk



Getting Kids to Drink Water

- Encourage your child to drink water, even if they don't like it
- Be a role model! Drink water with them
- Offer water during activities
- Add fruits to water for variety & flavour
- Offer water with food
- Let them choose their own bottle or cups

Source: Family Information Service, Facebook page

YHA HOLIDAY BREAKS

The YHA are offering the opportunity for families to apply for free family breaks, they can do this every year if they wish. The criteria is clearly set out on the website as are guidance notes to support the application and they only have to qualify for 2 of the criteria on the list. As the list includes, Young carers, domestic violence, live in an area of deprivation and have an annual income of under 25K per annum, the criteria should not exclude many of the families we work with.

The link is

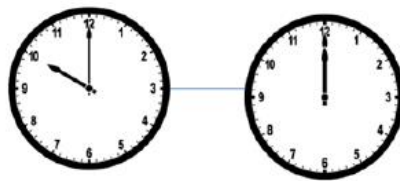
https://www.yha.org.uk/support-programmes/family-support?fbclid=IwAR2wOL-bExka9BSW6lPnk81TCwzfhpZw54Qg8tEJG1sX_tNJfVlScsXrdSQ

Source: Mairi Hutchinson, EHFF

Come join The East Learning Disabilities Team at our launch event for a Learning Disabilities Health and Social care drop in clinic on

Friday the 5th of April, 10am-12pm

10 To 12



At the Great Yarmouth Library, Tolhouse Street, NR30 2SH



If you require additional information please call The East Learning Disabilities Team on

01493 448400



Refreshments available

Do you know a young person - 18 & under - who has caring responsibilities for a family member?

From 1st April 2019 Norfolk County Council has funded Carers Matter Norfolk to provide support for young carers and their families, including:

- 7 day a week Freephone Advice Line
- 1:1 support for young carers and their families
- Life skills and social development
- Connecting carers with other young carers for activities and support

For more information and to refer a young person:

- Use our Online Referral Form
- Visit: www.carersmatternorfolk.org.uk
- Call 0800 083 1148

The Young Carers & Families Support Service is funded by Norfolk County Council Children's Services and is delivered by Carers Matter Norfolk in partnership with local youth and young carers organisations.



info@carersmatternorfolk.org.uk

Text Only – 07537417850

 @CarersMatterNfk

 CarersMatterNorfolk



VACANCIES



GREAT YARMOUTH



Kingside
26-27 Street
Great Yarmouth
NR30 2NZ

Sports Community Development Worker DIAL Great Yarmouth

Hours: 15 hours a week

Term: Fixed term contract until February 2020

Salary: £8000 per annum

An exciting opportunity has arisen at DIAL Great Yarmouth for a Community Development worker to work on the Sport for Change project funded by **Comic Relief**.

Get Set DIAL is an exciting project focusing on the urban neighbourhoods of Great Yarmouth with the aim being to increase physical activities for local residents. The project will be delivered with a specific focus on utilising existing assets in Great Yarmouth, including individuals, organisations and facilities.

The focus of this role is to facilitate community engagement within the project, supporting residents to participate in shaping and delivering activities in their area. This will be followed by continued community engagement and developing a range of activities to explore how Get Set DIAL can be used as a tool for social change in local communities

For application forms and job description please contact 01493856900 or email info@dial-greatyarmouth.org.uk. Applications to be posted for attention of Jo Howes KINGSIDE 26-27 King Street Gt Yarmouth NR30 2NZ or via email to info@dial-greatyarmouth.org.uk
Closing date is 5pm on Friday 15th March 2019.

Source: Caroline Brand, Community Focus team

GREAT YARMOUTH BOROUGH COUNCIL HOUSING OPTIONS ADVISER VACANCY

Follow link - <https://gybc.engageats.co.uk/>

Source: Tracey Slater, GYBC



GREAT YARMOUTH

Kingside
26-27 King Street
Great Yarmouth
NR30 4NZ

**NEIGHBOURHOODS
THAT WORK:** TRANSFORMING
PUBLIC SERVICES

Multi-Disciplinary Worker DIAL Great Yarmouth

Hours: 37 per week **Salary:** £22,200 pa

Fixed term contract until 30.09.2020

This is a 2 year extension to the Big Lottery Funded Project working collaboratively with Partners and local communities to transform the way services are delivered as part of Great Yarmouth's Neighbourhoods That Work (NTW) Programme.

The key elements of the role will be to provide relevant and timely advice to people who face complicated life challenges, working collaboratively with communities to embed first step support at neighbourhood level. The post holder will work alongside a Support Worker, together they will work as part of a NTW team that supports the join-up of local services and which recognises and responds to the strengths of local people and their communities.

The post holder will work closely with the NTW programme and other local agencies. This will ensure that the provision of specialist and community-based support is integrated, reducing confusion amongst vulnerable people who are trying to access the programme, and making it easier for other partners, projects and outreach teams to work with the NTW programme.

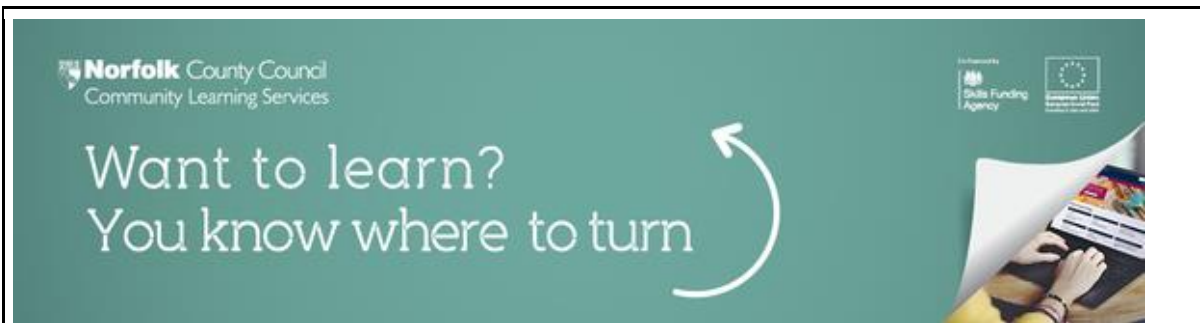
For application forms and job description please contact 01493856900 or email info@dial-greatyarmouth.org.uk. Applications to be posted for attention of Jo Howes

KINGSIDE 26-27 King Street Gt Yarmouth NR30 2NZ or via email to info@dial-greatyarmouth.org.uk

Closing date is **Tuesday 26th March 2019**. Interviews will take place on **Tuesday 2nd April 2019**.

Source: Sue Robinson, Early Help Hub Coordinator

SURVEY



Help shape our services.

Please could you spare a couple of minutes to complete this short survey and tell us what you think of adult learning services in Norfolk?

<https://www.smartsurvey.co.uk/s/AZWUF/>

We're keen to hear your views about our service and other providers in the county. The answers you give will help to shape the future of adult education across Norfolk.

Thank you in advance for your time.

www.norfolk.gov.uk/adultlearning

0344 800 8020

www.norfolk.gov.uk/adultlearning

0344 800 8020

ncls@norfolk.gov.uk