

EAST LOCALITY – COMMUNITY FOCUS

WEEKLY BULLETIN 161

Date: 12th July 2019

COLLABORATION MEETINGS AT THE EARLY HELP HUB

Due to holiday the Early Help Hub will **NOT** be able to run collaboration time and answer calls during the following dates.

Friday 12th July to Friday 19th July Inclusive

Monday 12th August to Monday 19th August Inclusive

I apologise for any difficulty caused.

Sue Robinson, Early Help Hub Manager

REQUEST - Cat rehoming

The cats which we mentioned in the Bulletin No 159 on 26th June have now been collected by F.A.I.T.H. Animal Rescue of Hickling. They have 32 mostly Persian crosses or Siamese crosses – cats and kittens to re-home, plus many other cats and kittens from elsewhere.

If you are interested in housing any of these cats please contact F.A.I.T.H direct on 01692 598312 or <https://faithanimalrescue.org.uk/contact-us/>

Norfolk Day 27th July

Working in partnership with Great Yarmouth Borough Council, Adult Learning (formerly Norfolk Community Learning Services) are holding an event at the Venetian Waterways in Great Yarmouth on Saturday 27th July between 11am and 4pm to celebrate Norfolk Day.

The Theme will be Volunteering and Well-being

If any partners are interested in attending the event to promote their services or carry out a short activity then please contact Rachel.dunn@norfolk.gov.uk or via telephone 07450 717150



EVENTS

- Great Yarmouth Waterways Community Clear Up (page 3)
- Beach Schools – Break (page 4)
- Art, Craft and Knitting Drop In at Community Roots (page 5)
- MESH Fun Day, Gorleston (page 6)
- Make It Happen Summer Activities – Cobholm, Lichfield & Southtown (page 7)
- Family Voice and SEND Partnership – information and feedback sessions (page 8)
- Young Carers Summer Fun (page 9)

COMMISSIONING OPPORTUNITY

- Victim Care Services Norfolk and Suffolk (pages 10 & 11)

TRAINING/COURSES

- YMCA Fitness Academy, Norwich (page 12)
- Moveable Cities Summer School (pages 13 & 14)
- Mobile Me Out and About – Activities for older people – Southtown Common, Great Yarmouth Bowls, Gorleston Cliff Top, Caister Library (pages 15-18)

DIRECTORY

- Norfolk Community Directory (page 19)
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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.



EVENTS



EST. 1928

**Come along
and join the
Community
Clean-Up
Friday 19th
July 2019
12 pm – 3 pm**



**Love Parks Week
12-21 July 2019**
keepbritaintidy.org/loveparks | #LoveParks

EVERYONE WELCOME!

In preparation of the official opening of the recently restored Waterways park in mid-summer, everyone is invited along to volunteer in helping this historic part of Great Yarmouth at its best for the public to fully enjoy for free.

For further information please contact
sadie.charles@great-yarmouth.gov.uk



GREAT YARMOUTH
BOROUGH COUNCIL

FUNDED BY THE NATIONAL LOTTERY



HERITAGE
FUND



COMMUNITY
FUND



Ministry of Housing,
Communities &
Local Government

**NEWANGLIA
GROWTHHUB**
for Norfolk and Suffolk

access
community trust

Source: Sadie Charles, GYBC



Beach Schools

Free family fun on the beach! Come along to learn about the beach and take part in games and activities with your family.

Monday 6th August – Gorleston Beach – 10am – 12noon

Monday 12th August – Great Yarmouth Beach –
10am – 12noon

Please call Alex or Lucy on 01603 301101

or email – alex.brandon@break-charity.org.uk

to find out more and to book your place.



Art and Craft and Knitting Drop - in at Community Roots

Community Roots | Queen Anne's Road | Southtown | Great Yarmouth | NR31 0LE

Tuesdays 12-3pm

Starts 9th July 2019

- Have a go at knitting or crochet
- Work in relaxed setting
- Meet new people
- Share skills
- Bring your own glass painting , card making, painting or drawing.
- Or use some of our resources
- 50p per person towards tea and coffee



www.norfolkandwaveneymind.org.uk
01493 842129
reception.gy@norfolkandwaveneymind.org.uk

Norfolk & Waveney Mind is a registered charity - No. 1118449





MESH Family Fun Day

Saturday, 10th August 2019, 11 am - 2 pm

Shrublands Playing Field, Magdalen Way,

Gorleston NR31 7BP

- Car boot sale £5 per pitch
- Fun • Games • Stalls • Tombola
- Raffle • Music • Refreshments
- Information Stalls
- Book Stall • Face Painting • Walking Football

If you would like a stall please contact Julie on 01493 604739
or call in at the MESH office

MESH
BRINGING GORLESTON TOGETHER



Make it Happen

in Cobholm, Southtown, Halfway House and Gapton Hall



Summer Activities

- Every Monday Drop in at Kingsgate Centre – 10am – 12pm
- Tuesday 23rd July – Community Drop In at Claydon Pavilion, Southtown Common – 1pm – 3pm
- Thursday 25th July – Manor Close Coffee Morning – 10am – 12pm
- Saturday 27th July – ‘Get Set 4 Summer’ (Free) BBQ at Lichfield Arms Pub 11am – 2pm
- Tuesday 30th July – Green Gym and Family Litter Pick meet at Claydon Pavilion 1pm – 4pm
- Thursday 1st August – Cobholm Flood Memorial Opening Event with ‘Down to Earth’ – 10.30 – 12.30pm
- Tuesday 6th August – Suffolk Wildlife and Children’s Activities at Claydon Pavilion 1pm – 3pm
- Tuesday 13th August – Willow Art and Children’s Activities at Claydon Pavilion – 1pm – 3pm
- Thursday 15th August – Cobholm Litter Pick with ‘Down To Earth’ to meet at Cobholm Community Centre 10am – 12pm
- Thursday 15th August – Manor Close Litter Pick 1pm – 3pm
- Tuesday 20th August – Treasure and Scavenger Hunt at Claydon Pavilion 1pm – 3pm
- Thursday 22nd August – Family Fun Day at Community Roots 11am – 3pm
- Tuesday 27th August – Green Gym and Family Litter Pick meet at Claydon Pavilion 1 – 4pm
- Thursday 29th August – Mr Pineapples (Child’s entertainer) Cobholm Community Centre 10.30am – 12.30pm

Every Monday Afternoon – Pop up in various locations – please see Make It Happen Facebook Page or ring the office for more information.

If you would like to know more information about our Summer events or anything else we could help with please feel free to ring us on 01493 651081 or contact Lauren, Community Development Worker at lauren.randall@voluntarynorfolk.org.uk

Source: MIH



Are you the parent of a child or young person with special educational needs and/or disabilities (SEND)?

Join us for coffee at an information and feedback session about

**SEN Support
and Education, Health and Care Plans (EHCPs)**

We've invited Norfolk SEND Partnership Information, Advice and Support Service (**SENDIASS**) and a representative of the Local Offer to join us so you can:

- Find out more about SEN Support and EHCP assessments
- Tell us about your own experiences of support for your child with SEND
- Ask questions in a relaxed setting
- Share ideas with other parent carers



Tuesday 17 September 10.00am – 1.00pm
Community Room, South Lynn Community Centre, 10 St. Michael's Road, **King's Lynn**, PE30 5HE

Monday 23 September 10.00am – 1.00pm
The Suite, Dereham Football Club, Aldiss Park, Norwich Road, **Dereham**, NR20 3PX

Tuesday 24 September 10.00am – 1.00pm
The Noble Hall, The Priory Centre, Priory Plain, **Great Yarmouth**, NR30 1NW

Monday 30 September 10.00am – 1.00pm
The Colman Room, South Norfolk House, Cygnet Court, **Long Stratton**, NR15 2XE

Wednesday 2 October 10.00am – 1.00pm
Main Hall, Aylsham Care Trust, St. Michael's Avenue, **Aylsham**, NR11 6YA

If you can come, please email us at events@familyvoice.org.uk or call/text on 07535 895748.



YOUNG CARERS



This summer we will be running a free Young Carers Fun Day in Acle, Long Stratton, North Walsham, Dereham and Watton.

If you are aged between 5 & 15 and look after a member of your family due to a disability, illness, mental health issue or substance misuse and would like to meet other young carers and have some fun, please contact us on 01603 219924 to find out more.

Lunch and refreshments will be provided – Limited spaces available - Booking is essential!

With thanks to Towergate Insurance Brokers and Aviva Community Fund - Great that both organisations are supporting young carers in Norfolk.

Norfolk Family Carers, First Floor, 36 St Giles Street, Norwich, NR2 1LL.
T: 01603 219924 E: info@norfolkfamilycarers.org W: www.norfolkfamilycarers.org

Referral Form available from Clare Hodges – clare.hodges@norfolk.gov.uk

Source: Sue Hobbs, NCC

COMMISSIONING OPPORTUNITY

Organisations which can help victims of crime cope and recover from what they have experienced are being offered the opportunity to provide a victim care service for Norfolk and Suffolk.

From today (10 July), Norfolk PCC Lorne Green and Suffolk PCC Tim Passmore are encouraging bids to provide a victim assessment, support and referral service across both counties.

Since 2015, Police and Crime Commissioners (PCCs) have been responsible for commissioning support services for victims of crime in their force areas – an entitlement set out in the Victims Code of Practice. Grant funding from the Ministry of Justice (MoJ) is made available to PCCs for that purpose.

For the last four years, victims of crime in Norfolk have been benefitting from PCC-commissioned support services designed to assess their needs and ensure they have access to support to cope and recover from the impact of the crime. The current service model – the Norfolk and Suffolk Victim Care service – was launched by PCC Lorne Green in April 2018, with the existing contract is due to end on 31 March 2020.

The new £3.15 million five-year contract, which will be managed by the Norfolk and Suffolk PCC offices, will secure a service available to all victims of crime, with enhanced support on offer for those who are vulnerable, affected by serious crime or persistently targeted. It will also provide referrals to specialist support services as appropriate.

While the service will respect a victim's choice whether or not to report the crime, it will ensure the victim is aware of their right to report and how to do so, and support victims through the criminal justice system.

PCC Lorne Green, said: "Supporting victims and reducing vulnerability is one of my key priorities as Norfolk's Police and Crime Commissioner.

"Availability of and easy access to information, advice and support can have a big impact on how victims of crime cope with the immediate and lasting effects of what they have experienced, and how they then move forward with their lives.

"And, for those victims who report what has happened to them, understanding and navigating their way through the criminal justice system can be challenging, so the independent victim advocacy this service provides can be invaluable in helping them on that journey.

"We owe it to victims of crime to ensure the support they need is available. If your organisation can help us in delivering that vital support, we'd like to hear from you."

Who can apply and how?

Organisations that can demonstrate they meet the necessary criteria and are able to deliver a service across Norfolk and Suffolk are eligible to apply. Partnership bids will be



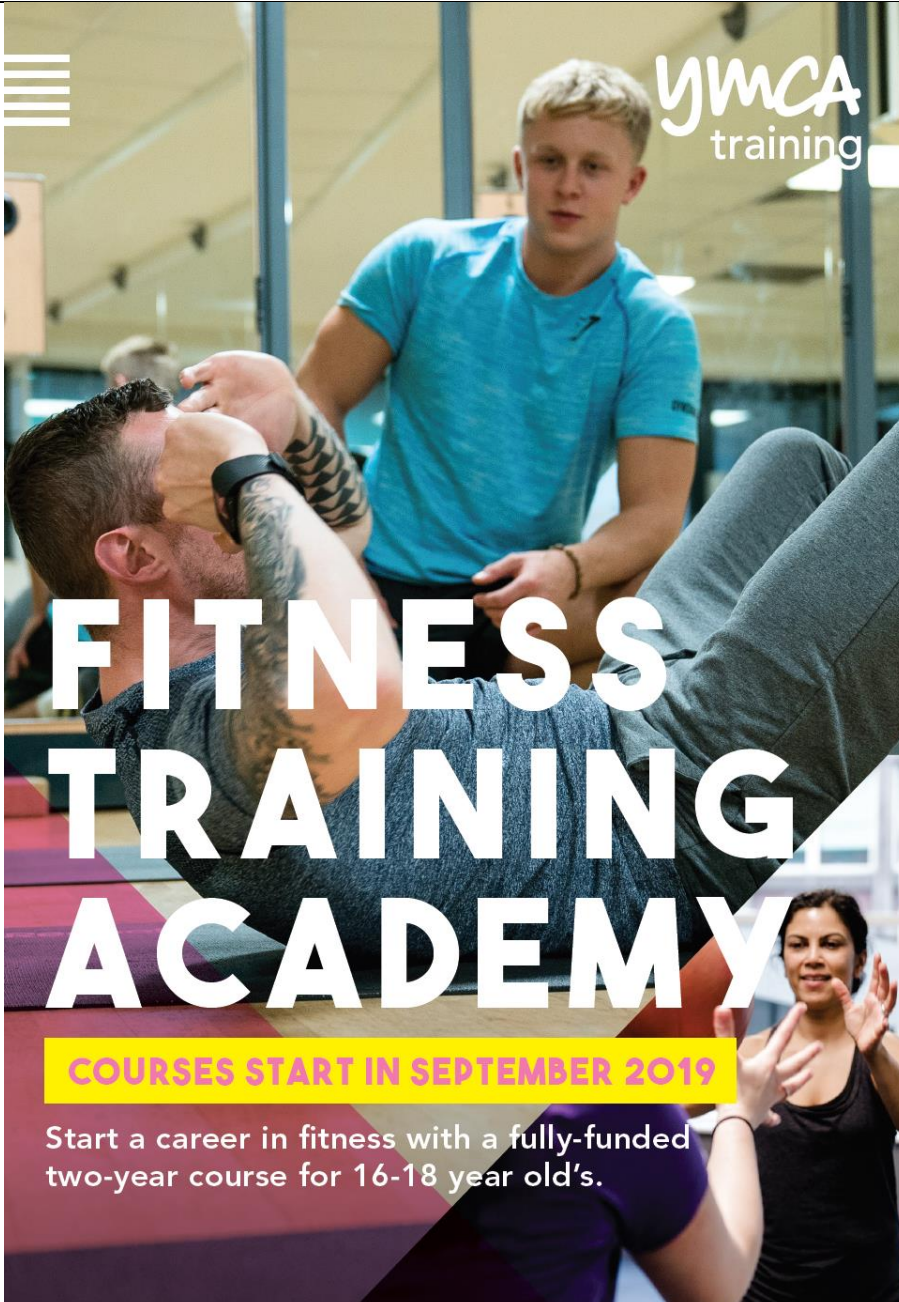
accepted, however one partner must take the lead and administer the contract/funds on behalf of the partnership.

Full details are available on the Bluelight EU Supply Portal at <https://uk.eu-supply.com>. All correspondence, including application and clarification questions will be managed through the Portal.

The deadline for applications is Thursday 15 August 2019

Source: Keith Mawson, Community Focus, NCC

TRAINING



The poster features a collage of images: a man in a blue t-shirt assisting another man with a back exercise, and a woman in a black tank top performing a yoga pose. The text 'YMCA training' is in the top right, and 'FITNESS TRAINING ACADEMY' is in large white letters across the center. A yellow banner at the bottom reads 'COURSES START IN SEPTEMBER 2019', followed by the text 'Start a career in fitness with a fully-funded two-year course for 16-18 year old's.'

YMCA training

FITNESS TRAINING ACADEMY

COURSES START IN SEPTEMBER 2019

Start a career in fitness with a fully-funded two-year course for 16-18 year old's.



FTA is a new alternative to college and A-levels designed to give you all the skills and qualifications you need to start a career as a Personal Trainer.

**APPLY NOW
SEPTEMBER 2019**

YMCA.CO.UK/FTA

Registered Charity no. 213121

WHICH QUALIFICATIONS WILL I ACHIEVE?

**L2 Diploma in Physical Activity, Fitness
and Exercise Science**

**L3 Diploma in Personal Training
(Practitioner), Outdoor Exercise
and Sports Conditioning**

**Certificate in Leadership, Management
and Customer Service in Sport and
Active Leisure**

WHERE

Doncaster, Ipswich, Leeds, London, Manchester
and Norwich

WHY CHOOSE THIS COURSE?

- All our tutors are experienced fitness industry professionals so you'll learn the most up-to-date information required to succeed.
- FTA combines full-time study with access to exciting work placements, giving you on-the-job experience.
- By the end of the first year you'll be qualified as a Level 2 Gym Instructor and at the end of the second year you'll be a Level 3 Personal Trainer and can start your career straight away.
- We are the UK's first health and fitness training provider so we understand the industry like no one else.





Moveable Cities



Image: Gordon Matta-Clark

Architecture Summer School for young people

**Monday 12, Tuesday 13 & Wednesday 14 August
10.30am – 3.00pm**

167a King Street, Great Yarmouth NR30 2PA

FREE ☺



Moveable Cities

A FREE Architecture Summer School for 11 -25 year olds exploring architecture, the environment, and ways we can adapt to the changing coastline in Norfolk and elsewhere.

Over three days in August, artists and architects will be delivering fun, creative and practical workshops for young people based in and around Great Yarmouth. We will be experimenting and making using with old or recycling materials to try out new ideas and designing buildings for the future – inspired by the rising sea levels and the continuously changing shape of our environment.

The workshops will include drawing, making, walking and sharing ideas to create exciting new architecture designs for the Norfolk coast. No previous art or architecture experience required. We just need you and your imagination for the future!



Image: Cooking Sections, *Climavore*, Isle of Skye Scotland

How to apply:

This FREE Architecture Summer School is for young people aged 11 to 25 yrs living in Great Yarmouth or surrounding areas.

Please complete the form below and send it to Liz Ballard at e.ballard@nua.ac.uk or post it to Liz at East Gallery, Norwich University of the Arts, Francis House, 3-7 Redwell Street, Norwich NR2 4SN.

Places will be given on a first come first served basis. Places are limited, so please only apply if you are able to attend every day.

Last date to apply is Wednesday 31 July, 5pm

Moveable Cities is organised by Norwich University of the Arts with artist duo Cooking Sections in partnership with the LIBRARY OF (UN)LIMITED RESOURCES, original projects, MAP, and ENJOY Great Yarmouth. It forms part of a region wide project called New Geographies, a three-year Arts Council England funded project to create a new map of the East of England based on personal thoughts, reflections and stories of unexpected or overlooked places, rather than on historic or economical centres.

For more information please email Liz Ballard at e.ballard@nua.ac.uk or call 01603 753223

Please contact Clare Hodges if you would like an electronic copy of the Form and practical details – clare.hodges@norfolk.gov.uk

Source: Liz Ballard, NUA



Move More



Mobile Me Out & About is a new physical activity programme for older adults.

Have fun, socialise and enjoy gentle activities designed to help improve your mobility and fitness.



Feel Stronger



Laugh Harder

SOUTHTOWN COMMON

A beginners exercise course designed for the 60+.

This course is ideal for those who want to improve their fitness, core strength, and flexibility.

Weds 19 June – Weds 21 Aug
11am – 12pm

Please visit the website below to book your space, and to find similar activities.

www.activenorfolk.org/MMOA



Move More

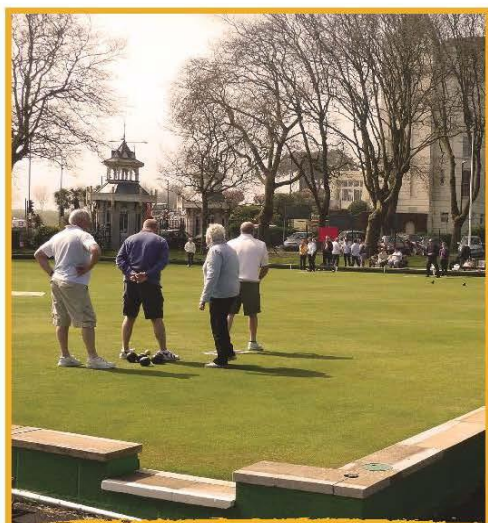


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Feel Stronger



Laugh Harder

FREE BEGINNERS BOWLS FOR OLDER ADULTS

**18 June - 20 Aug
from 2pm - 3pm**

Flat shoes, comfortable clothing, and
a wind proof jacket are advised.
Tea & coffee will be provided!

Book online, or show up on the day
www.activenorfolk.org/bowls

Wellesley Bowls Club
North Drive, Great Yarmouth NR30 1AE



Move More



Mobile Me Out & About is a new physical activity programme for older adults.

Have fun, socialise and enjoy gentle activities designed to help improve your mobility and fitness.



Feel Stronger



Laugh Harder

GORLESTON CLIFFS

Free sessions, led by a qualified instructor, combine walking with the workout apparatus along the Cliffs.

These sessions are focused on improving stamina, balance and coordination.

Weds 19 June – Weds 21 Aug
9.15am – 10.15am

Please visit the website to book your space, and to find similar activities.

www.activenorfolk.org/MMOA



Move More



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Have fun, socialise and enjoy gentle activities designed to help improve your mobility and fitness.



Feel Stronger



Laugh Harder

CAISTER LIBRARY

Free seated exercise classes for older adults

Tues 18 June - Tues 20 Aug
from 4pm - 5pm

Contact Caister Library to register, or find out more at www.activenorfolk.org/MMOA

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