

EAST LOCALITY – COMMUNITY FOCUS WEEKLY BULLETIN 165

Date: 14/08/2019

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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

LAST MINUTE NOTICE

Norwich YAB
Young People's Climate Change Conference

For more details please follow the link below:-

<https://www.eventbrite.co.uk/e/young-peoples-climate-change-conference-tickets-67985144397>

Source: Jessica Barnard, MAP

Volunteers Evening – parkrun Great Yarmouth

We are pleased to confirm an open meeting to attract a core-volunteer team on Thursday 29 August 2019 at 1830. The venue is the Furzedown Hotel, 19-20 North Drive, Great Yarmouth, NR30 4EN.

Volunteers do not have to be runners and can come from all parts of the community. Especially good for those who are socially isolated, wanting to change or building experience that could lead to employment. Volunteering recognised by Duke of Edinburgh Award and National Citizen Service. Volunteers aged 4-10 must be with a parent or guardian at all times. Volunteers 11-17 must not be allocated isolated roles.

Link to facebook event; <https://www.facebook.com/events/511661776330119/>

The event is called a free 5km on Facebook specifically not stating parkrun** to conform with brand guidelines. Inaugural dates of new events are kept secret to avoid new event teams being overwhelmed by large attendances. On this page during lead up, details will be published of what each volunteer role is about.

Please feel free to share widely around GYB. What we need to progress is 3x Run Directors. We require approximately 12 others who are prepared to volunteer regularly over first 3-months to establish the event as; Marshals, Tail-walkers, Finish Token distributors, Timekeepers, Scanners or Funnel managers.

There are additional nice to have volunteering opportunities some of which can be completed before or after participating in the live event; Course set-up or close down, First timers briefing, Finish token sorting, Run Reporter, VI guide, Sign language support, Results processor. A photographer is a nice to have and particularly good for students building a portfolio.

Source: Claire Henwood, Sentinel

TRAINING



Get Started



THE BRITISH RACING SCHOOL



Do you want to work with Racehorses?

Join us at The British Racing School, Newmarket in 2020!

The Prince's Trust, in partnership with The British Racing School, are offering a week experience, to work alongside thoroughbred race horses and learn all about the industry of horseracing.

The British Racing School is a centre of excellence for training in the horseracing world, they aim to provide a range of training of the highest standard to meet the needs of the racing industry, and to meet the needs of their learners

What will you be doing?

- 1 week residential experience at The British Racing School in Newmarket
- Work with and learn about thoroughbred racehorses and assist in yard work
- Take sessions in horse behaviour, horse handling, practical horse care and riding
- Enjoy a 'behind the scenes' tour of a professional racing yard in Newmarket
- Possible progression options afterwards into the horseracing industry
- FREE travel to Newmarket, plus accommodation and all meals provided too

To express an interest in joining our 2020 programme, email:
peter.hennessey@princes-trust.org.uk



Prince's Trust

YOUTH
CAN
DO IT

Source: Peter Hennessey, PTV



DIRECTORY

Promoting activities for families



Do you run a local community group for families, or do you know someone who does?

Did you know you can use the Norfolk Community Directory to promote your services and activities and help get more people involved?

If you provide services, activities and/or events for Norfolk families with children aged 0-5, you can register for an online account that enables you to promote your service on the Norfolk Community Directory. Once set up, you can add new services and return to your account to keep your listings up to date. Click [here](#) to find out more.

If your service is for families with children aged 0-5, please could you put '0-5 Community offer' in the notes.

SUPPORT SERVICES



The RAF Benevolent Fund has set up a new service in the East of England across four counties- Norfolk, Suffolk, Cambridge and Lincolnshire, in the form of Community Engagement Workers. Our role is two-fold, firstly to promote the work of the RAF Benevolent Fund in order to allow those that need help to get the help that they are entitled to. (This can be either financial help across a whole spectrum of need- from assistance with a new fridge, help to pay for a gardener, weekly financial assistance right through to helping with making a home more suitable for a person to live independently. We also offer a range of none means tested help such as Bereavement Counselling, Telephone Friendship Groups and other emotional wellbeing services.) The second part of my role is to work with lonely and isolated individuals within their local community to try and re-engage them and to try and help identify the barriers around this.

Susan Grogan, Community Engagement Worker Norfolk
Royal Air Force Benevolent Fund

www.rafbf.org

T:07784238175 E: susan.grogan@rafbf.org.uk

Source: Susan, Grogan, RAF BF



Promoting mental wellbeing...



...in a relaxed atmosphere

Join us at our Women's Group

A friendly, informal group, for social time in a comfortable atmosphere

Food and beverages available to purchase

Age 25+ welcome

Where: The William Adams, Gorleston High Street NR31 5RG

When: Monday 12th August, 2nd September, 23rd September, 14th October,
4th November, 25th November, 16th December 2019



Time: 11.00am-1.00pm

Norfolk and Waveney Mind
Great Yarmouth Office
28-31 Deneside
Great Yarmouth
NR30 3AX

W: www.norfolkandwaveneymind.org.uk
T: 01493 842129
E: reception.gy@norfolkandwaveneymind.org.uk

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





THE INDEPENDENCE HUB

This new Facebook page is THE place to go for life hacks, money saving tips and useful websites and more...

With the Your Own Place Advisory Board (YOPAB) we aim to make it the go-to place for people of all ages and at all stages of a transition to independence (including living independently).

Everyone will share their tips, rate useful websites and get invaluable information right here.

Please like, share, comment and get involved!

www.facebook.com/theindependencehub

Source: Rebecca White, Your Own Place

SURVEY/FEEDBACK



We are running a survey to find out how much voluntary sector groups know about Child Criminal Exploitation and how confident they are in reporting CCE. Would you be able to share it in your bulletins please?

The link to the survey is: <https://www.surveymonkey.com/r/RQ93VRG>

Source: Keith Mawson, Community Focus, NCC

