

EAST LOCALITY – COMMUNITY FOCUS WEEKLY BULLETIN 169

Date: 13.09.19

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Please email: cs.cpccteam.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

Sanctuari

PRESENTS

WELLNESS

WEDNESDAY

SEPTEMBER 25TH

Ex Marks The Spot, 3-7 King St. GY
10am-8pm

EXPAND YOUR BODY AND MIND IN A DAY
FILLED WITH LEARNING, CONNECTING,
SUNRISE MEDITATION, CANDLELIGHT
YOGA, A MINDFUL EATING CEREMONY,
INSPIRING TALKS, ENERGIZING
EXERCISE, NUTRITIOUS FOOD,
SINGING, LIVE MUSIC AND MORE.

Book sessions online at www.sanctuari.co.uk
or call 01493 604739.

limited spaces available and must pre-book

Go to bit.ly/WWGY
to see to the event page

GTC GREAT YARMOUTH TOWN CENTRE PARTNERSHIP



MAIN SCHEDULE

10 AM	Loving Kindness Sunrise Meditation* Love is the bridge between you and everything. Let go and invite happiness in during this transformative session.
11 AM	Rise 'n' Shine Healing Yoga* Move your body and increase your positive vibrations. Come as you are, no experience required!
12 PM	Inspirational Speaker Great things never come from comfort zones. Dream it. Success doesn't just find you. No one can give you your goals. No one can dig for you. This is your journey.
12:30 PM	The Pathway To Happiness How can we live a happier, more fulfilled, and more inspired life? Find out the answer in this riveting talk.
1 PM	Shared Nourishing Vegan Lunch Bond over a delicious and nutritious vegan lunch prepared locally with love by Marcela. Free if you have attended a session, £2.50 otherwise.
2 PM	Mindful Eating Ceremony* Get ready for an extraordinary eating experience. Tuck into a single (mystery food item?) as you learn to savour every last bite in this one-of-a-kind session.
3:30 PM	Seated Exercise Session* Learn some new moves you can do anywhere to strengthen and tone your body, all from a chair!
4 PM	Expressive Songbird Singing Class* Find your voice and express yourself in this light hearted group singing class.
5 PM	Human Connection Session Leave your phones at home and come meet some new faces after work. Real, raw human connection... radical!
5:30 PM	Candlelight "Let Go Of The Day" Yoga A perfect way to relax after work, let go of the worries of the day as you melt into this truly special, live-giving candlelight yoga class.
7-8 PM	The Harbours Live Local Band + The Peanut Butter and Banana on Toast Sustenance Stall Jam out and end your day with a boogie. Immersive jams, peanut butter, say no more.

Schedule subject to change, please see most up-to-date schedule at www.sanctuari.co.uk

limited spaces available and must pre-book



#RunAndTalk

Come and Join Us

For a 5K informal run/walk along the Gorleston upper and lower esplanade.



This is a **FREE** event and open to 16 years and over. All abilities welcome and no running experience needed. It's just a chance for us all to run/walk and talk.

Don't worry if you don't feel like doing the whole route or would rather walk it. There will be plenty of Great Yarmouth Road Runner's members, leaders and coaches to walk or run with you however far you go.

Norfolk and Waveney Mind will also be present on the lower esplanade if you have any questions or require any support.

We will re-group at the Marina Bay café afterwards so don't forget some money for tea and cake!

To be healthy
as a whole,
mental health
plays a role.

#runandtalk

Gorleston Cliffs

Meet on the top esplanade on Gorleston Cliffs (Cliff Hotel end)

Saturday 28th September 2019

10.45am for 11am start

Booking: groups.runtogether.co.uk/GreatYarmouthRoadRunners/runs

For further information please email Fiona Williams: f.williams2104@gmail.com



working with



Source: Fiona Williams, GYRR

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

TRAINING



FREE 'Walk Leader' training confirmed for the 30th September 1000-1615, with Basic Physical Activity 1st Aid Training in the afternoon included, held at the GY Library.

If you have any staff, volunteers or residents that would like to use it to lead community walks? Please come back to me asap, otherwise we are having to look at cancelling the physical training & promoting the online version as we need minimum number.

Please share with other relevant partners.

Any interests please contact jlong@dial-greatyarmouth.org.uk or andy.oakley@activenorfolk.org

Source: Andy Oakley, Active Norfolk



NEXUS

INTRODUCTION TO WORKSHOP SKILLS

INTRODUCTION



The aim of this practical, workshop based, two-day course is to enable attendees to demonstrate and evidence a range of skills, develop their confidence in an on-site environment, and improve employability skills.

For these meeting the entrance requirements, the course is fully funded with the aim of teaching and developing skills such as: -

- Safe working in a workshop.
- Use of hand tools.
- Use of selected machine tools.
- Electrical and Mechanical skills and processes.

Attendees will use skills learnt to complete a number of practical projects.

DAY 1

Description: Attendees will be taught basic safe working practices in the workshop before proceeding with an introduction to electrical engineering skills.

Content:

- Health & Safety
- Warning signs and labels
- Safe Use of Electrical Hand and Machine Tools
- Soldering
- Electrical Panel Wiring



DAY 2

Description: Attendees will be taught further safe working practices in the workshop before proceeding with an introduction to mechanical engineering skills. The course will finish with an overview of skills achieved and how to utilise them to improve engagement with employers.

- Safe Use of Electrical Hand and Machine Tools
- Bench fitting
- Checking quality, finish and tolerances
- Mechanical lifting and carrying techniques
- Reinstating Workplace

Unit 1, Blackfriars Court,
Beacon Park, Gorleston
Norfolk, NR31 7RQ

Tel: 01493 742336
email: Office@nexus-engineering.org
www.nexus-engineering.org
ND083-03-0819



NEXUS

- Correct disposal of waste
- Course overview and employment skills assessment

EMPLOYER ENGAGEMENT

All attendees on these courses will be invited to attend an Employer Engagement Event where they will be given the chance to meet representatives from industry and local colleges to discuss employment opportunities, including apprenticeships.

COURSE PRICING

The course is free of charge to all suitable applicants.

Refreshments and lunch are provided.

REQUIRED EQUIPMENT

Specific safety clothing (Personal Protective Equipment) will be supplied by Nexus, as will all consumables and materials.

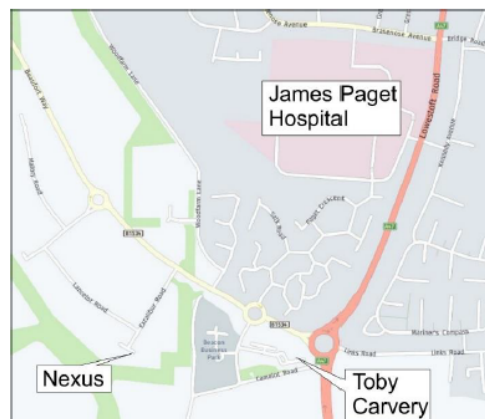
HOW TO BOOK

Please call, email or visit us to discuss your requirements.

To enrol, please complete the enrolment form which can be sent to you via email or collected at the office.

COURSE DATES

Tues 22nd & Wed 23rd October 2019
Tues 17th & Wed 18th December 2019
Tues 18th & Wed 19th February 2020
Tues 17th & Wed 18th March 2020
Tues 7th & Wed 8th April 2020
Tues 26th & Wed 27th May 2020
Thur 28th May 2020 – Employer Engagement Day.
Time: 09:30 – 12:00, 13:00 – 15:30



LOCATION

All courses take place at Nexus, on the Beacon Park estate, Gorleston.



European Union

European
Social Fund

Unit 1, Blackfriars Court,
Beacon Park, Gorleston
Norfolk, NR31 7RQ

Tel: 01493 742336
email: Office@nexus-engineering.org
www.nexus-engineering.org
ND083-03-0819



SUPPORT SERVICES

Early childhood and family service (ECFS)

From 1 October 2019, there will be a new Early Childhood and Family Service (ECFS), offering support to 0-5-year-olds and their families.

How and where you get support, depends on what you need.

Everyone will be able to:

- Get advice and guidance online
- Call us for advice and guidance
- [Visit your local library](#) to:
 - Get information
 - [Weigh your baby](#)
 - Attend [baby 'bounce and rhyme' sessions and other events](#)

If you want to meet other parents, or need someone to talk to:

- You can come to a drop-in event. These will be held at places like your local library, church hall or cafe. Members of the ECFS team will come to these events regularly, so you can chat with them
- We can help you set up your own groups and activities
- We can let you know about local events and activities, such as [parent and toddler groups](#) and play sessions. You can also [search for local groups and activities online](#)

If you need extra help:

- We can come and visit you at home - or somewhere else where you feel comfortable
- You can join us at a group session, where a member of the team can help you
- You can come along to one of our parenting support courses
- We can put you in touch with other people who can help, such as our [early help and family support service](#)

Source: Keith Mawson, CF, NCC



From 1st October there will be a new service for 0-5 year olds and their families in Norfolk

Norfolk's Early Childhood and Family Service is for all parents and carers with children aged 0-5 years. How and where you get support will depend on what you need.

Everyone will be able to:

- Get help online.
- Sign up for new email updates with helpful information.
- Chat on the phone or online from 1st October.
- Visit the local library to get information, weigh their baby or join in with Bounce and Rhyme sessions.

If you want help meeting other parents, or need someone to talk to:

- Come to a drop-in event at a community venue – this could be a library, community centre or café.
- Our team will attend community groups regularly, so you can come and chat.
- We can also help you to set up your own local groups and activities.
- We can give you a list of all the events and activities happening locally like baby massage, toddler groups and play sessions.

If you need extra help:

- We will offer support to you and your family through drop-ins and groups.
- We will also support you in your own home, or where you feel comfortable.
- We can put you in touch with other people who can help.

For more information please email:

ECFS-Families@actionforchildren.org.uk



**Early
Childhood
and Family
Service**



Norfolk
County Council
In partnership with



If you would like an electronic copy of this poster, or copies of translated posters then please contact clare.hodges@norfolk.gov.uk (Community Focus)



Norfolk Assistance Scheme

The Norfolk Local Assistance Scheme, (now known as the Norfolk Assistance Scheme (NAS)), was introduced in April 2013 as part of the Localism Agenda to replace parts of Discretionary Social Fund.

Over the past year, the scheme has been developed and improved by implementing an in-house model which launched on 1st July 2019. The scheme provides household goods through reuse awards and cash grants with personalised essential holistic support.

The aim of NAS is to support independent living and help Norfolk residents in crisis situations where their needs cannot be met by other organisations. As the awards that we offer are grants they do not have to be paid back.

The types of Award that we offer are:

- Grants for Items
To support independent living, the grant can be used, for example, to set up their home following a period of institutional care. The grant helps with the cost of essential household items which includes; cookers, washing machines, beds, table and chairs and more.
- Cash Grants
 - Fuel (electricity and gas)
 - Daily living expenses
 - Child daily living expenses

The points required for successful application have been reduced. The scheme can therefore support a wider range of individuals and improve the daily living of a higher number of Norfolk people. This model has been designed to link in with Adult Social Services 1st conversation (***initial contact** "How can I connect you to things that will help you get on with your life"*) and NCC Living Well (*Norfolk County Council is committed to supporting vulnerable people, promoting and providing options for people to remain independent*)



NAS Advisors provide a wrap-around service to support individuals throughout the application process whereby applicants and/or their support organisations through multiagency working are assisted with sourcing other items and ongoing support via signposting/referring to alternative organisations.

Applications are to be made via an online form which can be found at <https://www.norfolk.gov.uk/NAS>. Individuals who wish to apply to the scheme but do not have access to the internet, can be supported by our dedicated NAS Team who will complete the application over the telephone via **01603 223392 option 5**.

If you have any questions about the scheme or would like any further information, please contact the NAS Team on 01603 223392 option 5 and a member of staff would be happy to assist you.

Source: Christina Campbell, NAS Officer



DANDELIONS GY

Inspiring women.....

CREATIVE MINDFULNESS COURSE

Dandelions is a mindfulness group available for women and those who identify as, to support and amplify their wellbeing and boost confidence.

Through a creative and thought provoking free course of sessions in Great Yarmouth.

*You don't have to be good at something
for it to be good for you.*

If you would like to find out more please
contact us

email

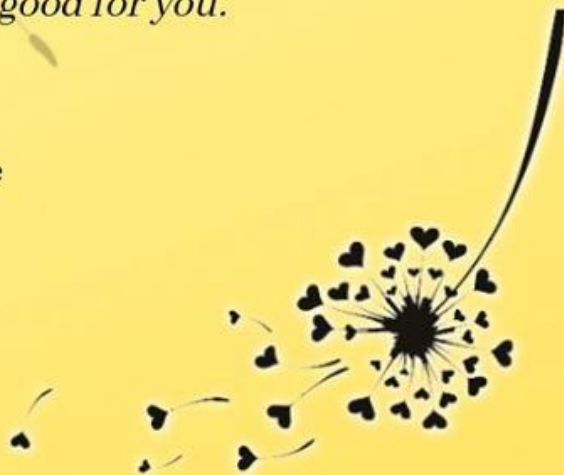
dandelionsgy@gmail.com

website

dandelionsgy.weebly.com

Facebook

Dandelions GY



Source: Rachael Hardie, DIAL & Norfolk Community College



Community Pathways Partnership: Connecting people across East Anglia



**TUESDAY/TERÇA-FEIRA/ANTRADIENIS
MARTI/WTOREK/BTOPHIK**

**Drop-in/Job Club
09:30 – 11:30**

**at Great Yarmouth Library, Tollhouse Street,
Great Yarmouth, NR30 2SH**

GYROS offer FREE integration services to newcomers across Norfolk and Suffolk.

We offer Rights Based Information, Advice and Guidance on a range of issues.

Staff are multilingual, impartial and professionally qualified.

Employment

**Immigration
Advice (OISC
Level 2
Accredited)**

**Debt (FCA
Accredited)**

Follow us

@GyrosOrg (twitter)

**GYROS Norfolk
(Facebook)**

www.gyros.org.uk



Source: Armine, GYROS

SURVEY/FEEDBACK

Better transport in Great Yarmouth – a chance to have your say

The County Council, together with Great Yarmouth Borough Council are looking at transport-related issues that people living and working in Great Yarmouth face, and how planned growth can be supported. Better transport will help to attract future investment and development to the area, creating skilled jobs, business opportunities and giving local people a better quality of life.

If you live or work in the town we want to hear your views on how travel and transport could be improved over the next ten years. The four-week [Great Yarmouth Transport Strategy Public Consultation](#) opens at 5pm on Monday 16 September and runs until Friday 11 October.

Source: NCC