EAST LOCALITY – COMMUNITY FOCUS WEEKLY BULLETIN 176 (Public)

Date: 01.11.2019

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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



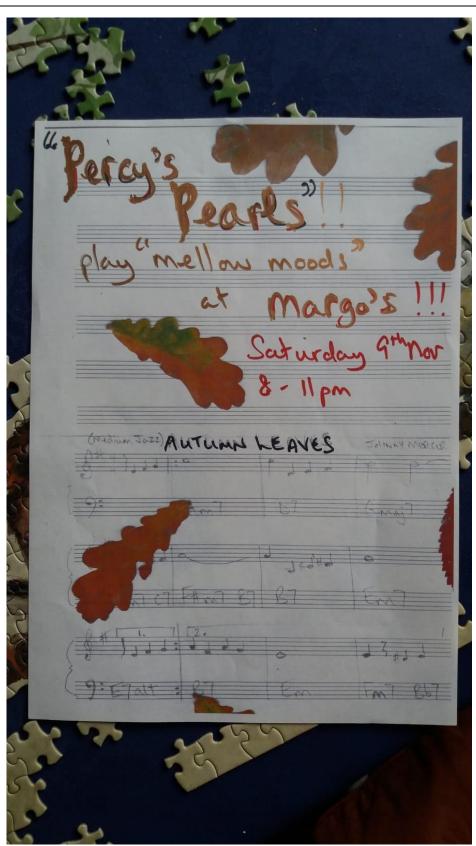
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EVENTS



Source: Richard Dron, Lifeskills



Margo's Lounge, Bells Road, Gorleston.

Source: Fran Solomon Sept, NCC





LGBTQ+ Understanding **Your Mental Health**

Norwich: King's Lynn: Tue 26th November, 6pm. Wed 27th November, 6pm

In partnership with Norfolk and Waveney Mind's LGBTQ+ project; This session of 'Understanding Your Mental Health' is for those who identify as LGBTQ+ experiencing anxiety, depression or stress who would like to explore ways to move forward with likeminded people.

The session will last approx. 3 hours with breaks.

For further details, or to book a place, please contact Josh: Tel: 01553 817 200 - Mob: 07765 897 458 or by email to: josh.elms@nsft.nhs.uk



Call 0300 123 1503 www.wellbeingnands.co.uk





f WellbeingNandW



f WellbeingSuffolk



@WellbeingNandW



@Wellbeing_Suff



Source: Gillian Brown, Wellbeing N&W

FUNDING/RESOURCES



Get Going - Let us help to get your project off the ground. Talk to our sports development worker about the Get Set DIAL funding opportunities that could help kick-start your activity:



Get Qualified Fund: Funding for individuals who are looking to gain a coaching or other sport-related qualification that will benefit residents of the community. Successful applicants are required to deliver 8 hours of free activity to residents of the borough as part of the Get Set DIAL project



Get Started Fund: Funding to help establish new activities in the borough. The fund is aimed at innovative, accessible and fun projects that use existing community facilities and encourage local residents to get active.

See website for application forms – www.dial-greatyarmouth.org.uk

Source: James Long, DIAL



This Christmas we will once again be supporting local charities through our partnership with **neighbourly**. Our stores will close for Christmas on 24th December and we're donating surplus fresh fruit, fish, meat and more. Sign up now to get involved.

If you're a local charity that could benefit, please contact AldiChristmas@Neighbourly.com before 11th November and we'll see if we can connect you to your closest store.



Source: Facebook



TRAINING

Mental Health First Aid (Adult 1-day)

This course qualifies you as an Adult Mental Health First Aider by providing in-depth knowledge about common mental health problems and the factors and triggers that can lead to poor wellbeing. It will give you the confidence to support people in crisis and will enhance skills such as non-judgmental listening. You will also explore how to support people through recovery and ways to support positive wellbeing for you and others.

This session is for barbers, tattooists, pub and menswear staff, and also cyclists and scooterists in the Great Yarmouth area.

Date: Saturday 16 November Time: 10.00-5.00

Venue: Gorleston Library,

1 Lowestoft Road, Gorleston---on---Sea, Great Yarmouth NR31 60U

https://www.eventbrite.co.uk/e/mental-health-first-aid-adult-1-day-tickets-77095790585?aff=ebdssbdestsearch

Source: EH Hub



SUPPORT SERVICES



Free youth Hub
Fix up your bike
Show off your tricks





Drop in youth hub

Bike maintenance, (come along with your bike and we will provide the rest)

Mixed gender & ages, 11+

All abilities welcome

Bike Hub 6:30pm-8:00pm Every Wednesday from 6th November

@ Community Roots (across the road from Southtown Common)

Community Roots, Queen Annes Rd, Great Yarmouth, NR310LE

youthclubs@ymcanorfolk.org











Source: Amanda Bayfield, YMCA Norfolk



VOLUNTEERS

PARKRUN - GREAT YARMOUTH

Organisers are keen to get the Great Yarmouth Parkrun up and running. In order to do volunteers are needed to help with marshalling, registration, barcode scanning, and taking photographs, among other things.

No experience is necessary.

To get involved contact Mr Rawson via trevor.rawson@parkrun.com

Source: Active GY Meeting