

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

CHRISTMAS BAZAAR

Sunbeams will be holding a
Christmas Bazaar on the
1st December 10am-4pm

Just come along and buy that special
gift or visit

Santa's Grotto

11am - 2pm

Want to sell your own craft items?
Tables are available £5 for the day.

For further details or to book a table

Call us on 01493 442181

info@sunbeamsplay.org.uk



EVENTS

CHECK OUT OUR SALON OPEN DAY IN LOWESTOFT

LifeSkills
www.learnaliving.co.uk

CHRISTMAS SPECIAL

AT THE BEAUTY SPOT

Tuesday 10th December - 9.30am - 4pm

LifeSkills Salon 'The Beauty Spot' is opening its doors for a Christmas special! Call us and book yourself in for one of the following treatments:

- Children's Face Paint
- File and Polish
- Mini Manicure
- Gel Shellac Nails
- Nail Art

Appointments are available from 9.30am until 4pm. The cost of all treatments will be **£1!**

Please call the centre on **01502 512 839** or email thebeautyspot@learnaliving.co.uk for more information and to book an appointment.

We offer Nail & Beauty courses for 16-18 year olds
Call us to find out more...

For more info call us on: **01502 512 839**
or pop into our LifeSkills centre:
28 Gordon Road, Lowestoft NR32 1NL





Source: Richard Dron, Lifeskills



Margo's Lounge, Bells Road, Gorleston.

Source: Fran Solomon Sept, NCC



LGBTQ+ Understanding Your Mental Health

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



 WellbeingNandW

 WellbeingSuffolk

 @WellbeingNandW

 @Wellbeing_Suff

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



Aldi UK

10 hrs · 🌐

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 6QU*

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

Source: EH Hub



SUPPORT SERVICES

YMCA NORFOLK

Free youth Hub
Fix up your bike
Show off your tricks



Bike Hub

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





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