

# EAST LOCALITY – COMMUNITY FOCUS WEEKLY BULLETIN 183 (Public)

Date: 20<sup>th</sup> December 2019

Great Yarmouth Foodbanks opening times – (page 2)

DIAL opening times – (page 3)

Carers Matter Norfolk Opening times – (page 4)

## EVENTS

- Family Voice Norfolk 10<sup>th</sup> Annual Conference – (page 4)
- Healthy Ageing Roadshow – (page 4)
- Writing Your Life – (page 5)

## TRAINING/COURSES

- Joy of Food Cookery Course – Community Roots – (page 6)
- Norfolk Community Learning Courses – (pages 7-11)
  - Healthy Food, Healthy Lifestyle
  - Interview Skills & Body Language
  - Introduction to Customer Services
  - Microsoft Publisher
  - Introduction to Spreadsheets

## DIRECTORY

- Norfolk Community Directory (page 12)

Please email: [cs.cpccteam.gtyarmouth@norfolk.gov.uk](mailto: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.



Dear All,

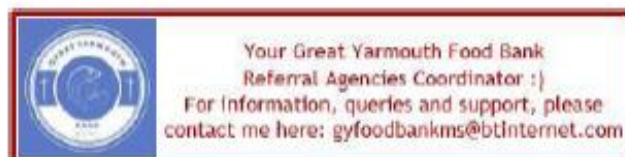
Some of you may have been wondering about opening times for the food banks in GY and Gorleston.

Where possible, please inform clients with new food referral vouchers of the following. Clients who visit one of our food banks this week will either be given sufficient food to last them throughout the weeks they are entitled to on their voucher or will be advised where to collect the following week. Vouchers will remain at the food bank where they first collected and other food banks will be informed of the clients' names electronically.

<p><b>Week commencing 16 December:</b> Normal opening times apply</p>	
<p><b>Week commencing 23 December:</b>  <b>Monday 23 December</b>                  St Mary Magdalen, Gorleston                  9.30am-11.30am                  Salvation Army, Great Yarmouth                  9.30am-11.30am  <b>Friday 27 December</b>                  Salvation Army, Great Yarmouth                  9.30am-11.30am                  St Andrew's, Gorleston 2.15pm-3.30pm  <b>Sunday 29 December</b>                  St Andrew's, Gorleston 2.15pm-3.30pm</p>	<p><b>Week commencing 30 December:</b>  <b>Monday 30 December</b>                  Salvation Army, Great Yarmouth                  9.30am-11.30am  <b>Thursday 2 January</b>                  The Well, Gorleston 9.30am-12.00pm  <b>Friday 3 January</b>                  Salvation Army, Great Yarmouth                  9.30am-11.30am                  St Andrew's, Gorleston 2.15pm-3.30pm  <b>Sunday 5 January</b>                  St Andrew's, Gorleston 2.15pm-3.30pm</p>
	<p><b>Week commencing 6 January 2020:</b>                  Normal opening times apply</p>

Many Thanks again for all that you are doing out there in our community, especially at this time of year.

Best wishes for a very Happy Christmas from all of us at GY food bank,  
 Maresli. :)



Source: GY Foodbanks



# DIAL CHRISTMAS & NEW YEAR OPENING TIMES

**Mon 23<sup>rd</sup> Dec 9.30am-4pm**

**Christmas Eve 9.30am-1.30pm**

**Closed Christmas Day**

**Closed Boxing Day**

**Re-open Fri 27<sup>th</sup> Dec – 10am-3pm**

**Closed Sat 28<sup>th</sup> Dec**

**Re-open Mon 30<sup>th</sup> Dec – 9.30am-4pm**

**New Year's Eve – 9.30am-2.30pm**

**Closed New Year's Day**

**Re-open Thurs 2<sup>nd</sup> Jan 2020 – 9.30am-4pm**

**Fri 3<sup>rd</sup> Jan – 9.30am-4pm**

**Sat 4<sup>th</sup> Jan – 9.30am-4pm**



**We wish you all a Merry Christmas and a  
Happy New Year**



**Here For You This Christmas**

 Carers Matter Norfolk

**December opening hours**  
 24th: close at 12noon  
 25th: closed  
 26th: closed  
 27th: 10am - 2pm  
 28th & 29th - normal opening hours  
 30th: 8am - 8pm  
 31st: close at 12noon

**January opening hours**  
 1st: closed  
 2nd onwards: normal opening hours

**Call 0800 083 1148 or visit [www.carersmatternorfolk.org.uk](http://www.carersmatternorfolk.org.uk)**

## EVENTS

### Family Voice Norfolk 10th Annual Conference

On Saturday 14 March 2020 the John Innes Centre, Norwich is guaranteed to be buzzing with conversation because this is the date of the Family Voice 10th Annual Conference.

With over 40 information stands, workshops and the opportunity to have face-to-face discussions with professionals, the Family Voice Conference is always a fantastic event for parents carers.

Find out more at [Family Voice Norfolk](http://FamilyVoiceNorfolk). Save the date and don't leave it too late to book your ticket.

**Booking will open on 20 January 2020.**

**Source: SEND Newsletter**



family voice  
together improving services

**SAVE THE DATE**

**10<sup>th</sup> Annual Conference**  
**Saturday 14<sup>th</sup> March 2020**  
 John Innes Centre, Norwich NR4 7UH

Find out about all things SEND from

- over 40 information stands
- 9 workshops
- face-to-face with professionals
- keynote speaker

Find out more at  
[www.familyvoice.org.uk](http://www.familyvoice.org.uk)  
 FamilyVoiceNorfolk  
 @familyvoicenf

### Healthy Ageing Roadshow

Free event to find out about activities in the local area.

Great Yarmouth Library  
 Monday 20<sup>th</sup> January – 10.30am to 12.30pm.

Source: Rosemary Henderson, ASSD NCC



## Writing Your Life

In partnership with Story Machine Productions - Come and explore how you can bring your past to life. Free workshops.

Whatever your life story, regardless of whether you've ever seen it in books before, Sam will take you through exercises to help you unlock the power of writing your story.

•Great Yarmouth Library - Friday 17 January, 2-4pm

To book call 01493 844 551

Lowborn Show – Down the Chipper - 12.30pm at St George's Theatre café, Great Yarmouth

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on/writing-your-life>

Source: Rosemary Henderson, ASSD NCC

TRAINING



Increase Your Confidence in Cooking - for FREE!

2020 - Session Dates:

9th, 16th, 23rd & 30th January, 10:00am-1:00pm

Or 23rd, 30th April, 7th May & 14th May 10:00am-1:00pm

Community Roots | Queen Annes Road | Southtown | Great Yarmouth | NR31 0LE

- Want to increase your confidence in cooking? This FOUR SESSION course will help you to develop confidence and skills in planning and preparing healthy, good value meals!
- Delivered and funded by Norfolk County Council Adult Learning, the course is FREE, including all ingredients, and you'll be able to take home whatever you make.
- Upon completion of the course, you will receive a FREE RECIPE BOOK with all the recipes you have made, plus more!
- To book your place, please email [reception.gy@norfolkandwaveneymind.org.uk](mailto:reception.gy@norfolkandwaveneymind.org.uk) or
- Tel 01493 842129



W: [www.norfolkandwaveneymind.org.uk](http://www.norfolkandwaveneymind.org.uk)

T: 01493 842129

E: [reception.gy@norfolkandwaveneymind.org.uk](mailto:reception.gy@norfolkandwaveneymind.org.uk)

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







## Interview Skills and Body Language

New Year, New Job? Our FREE introductory course aims to develop your confidence and refresh your interview skills and body language knowledge. During the course you will prepare for an interview and look at how to present yourself positively to an employer. You will learn how to tailor job descriptions, learn top interview tips to settle those nerves, tackle some of those tricky questions and gain increased confidence. Why not land yourself that perfect job in 2020!

Starting Thursday the 9th January to the 30th January 2020

9.30am - 12pm at Great Yarmouth Library

Book you place now by emailing, calling or messaging Rachel:

Email: [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk) Tel: 07450 717150





 Learning  
for Communities



## An Introduction to Customer Services

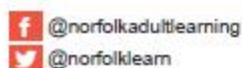
Knowing how to communicate effectively and confidently in every day life is an important skill to have. Our **FREE** Customer Service course will help you gain more confidence in dealing with conversations or difficult situations and will also cover a range of aspects related to effective customer service skills in the workplace and in your personal life.

**Great Yarmouth Library**

**13th January 2020 to 27th January 2020 at 9.15 - 11.15am**

**For more information or to reserve your place contact**

**Rachel on Tel: 07450 717150 Email: [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk)**





## Microsoft Publisher

Our **FREE** Introduction to Microsoft Publisher course will open up a whole new world of digital creativity at an introductory level. During the course you will learn how to create posters, occasion cards, calendars, business cards, brochures and much more.

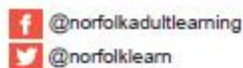
Personalise your designs by bringing along photos or pictures and make a unique gift for you family, friends or relatives

Starting on Tuesday 14th January to 11th February 2020

12.30pm - 2.30pm at Great Yarmouth Library

To reserve your place please contact Rachel on:

**Tel: 07450 717150 or by email: [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk)**



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### Free Course - An Introduction to Spreadsheets

Microsoft Excel is often used in a work environment but it can also help you keep on top of everyday personal tasks such as managing your bills, creating lists, schedules, shopping budgets or even simple book keeping tasks.

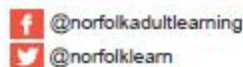
Our Introduction to Spreadsheets course will provide you with the basic skills needed to create a spreadsheet. You will learn how to use formulas, insert rows, columns, delete rows and columns, filter information, change font and much more!

Starting every Thursday from 9th January 2020 until 6th February

At Great Yarmouth Library, 12.30pm - 2.30pm

To reserve your place contact:

Rachel on 07450 717150 or via email: [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk)





## 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. To find out more visit the Norfolk County Council website [www.norfolk.gov.uk](http://www.norfolk.gov.uk) and follow the link .

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