

Grow Your Community Monthly Bulletin August 2016



Update on GYC Network Groups

Blofield and Brundall

The Brundall & Blofield Good Neighbour Scheme launched on 1st August, the group have worked really hard to get everything set up. The aim of the Scheme is to offer support to people in the community with a variety of small tasks thereby enhancing community spirit and quality of life. The scheme will be able to help with a range of tasks including small jobs in the home or garden, transport to appointments, help with pets, shopping, filling in forms, and much more! See the attached leaflet, info sheet and press article for more details – and pass them on to anyone you know who may benefit.

The next GYC group meeting is planned for **1st September 2pm** at Brundall Church.

Hellesdon

The Hellesdon Community Volunteer Fair was held on Monday 11th July at the Community Centre. We had 22 stall holders, with a mixture of local groups looking for volunteers as well as some local services. We had over 100 people come along to the event. Between them, the stall holders signed up 16 potential volunteers. There was also a lot of networking and connections made between all the people there.

The next GYC group meeting is planned for **Thursday 8th September 10am** at the Community Centre.

Reepham

The Reepham GYC group have run two Age UK Norfolk drop in sessions at the Reepham library now and are looking in to arranging some more after the summer. They are working with the local high school to try and organise some mental health training for the school staff and the pupils. They are currently looking in to the different training options available as well as possible sources of funding.

At the last meeting they came up with lots of exciting ideas for future events, which they are hoping to develop in to some firm plans.

The next Reepham meeting is planned for **7th September 10am** in the Clerk's office.

Sprowston

For the last Sprowston GYC meeting we met at Harrisons Wood and enjoyed a lovely walk, we then moved across to a local café to continue the meeting. The group are looking into bringing together information on all the green spaces in the area in to one leaflet.

They have been working hard to get the Sprowston Community Greenhouse project up and running. They have arranged an initial meeting for all those involved on Tuesday 9th August 6pm – 8pm; the meeting will give everyone a chance to see the greenhouses, meet each other, and have a go at an activity. Please pass this on to anyone that may be interested (leaflet attached).

The Sprowston Dementia Café is going well. They have recently been awarded a grant of £500 from the Carers Agency Partnership (CAP), which will be spent on games and activities, music and promotional materials.

The next Sprowston meeting is planned for **Wednesday 21st September 2016 10.30pm – 12.30pm** at the Sprowston Hub.

Events, Workshops, Training Sessions

Mobility Scooter Safety Awareness Event. Monday 22nd August 2016 10am – 2pm at Hellesdon Community Centre. This event is open to everyone, users and non-users of mobility scooters welcome. Learn how to use a mobility scooter safely, receive a free Safe Scoot Highway Code booklet, pick up safety tips and advice and find out what is going on in your neighbourhood. Leaflet attached with more details, or contact Norfolk Constabulary for more information on 01953 424825.

Walk for a World without Dementia. Saturday 10th September. Arrive from 10am, walk starts at 11am. Eaton Park (meet at the bandstand). It's going to be a fantastic day, so dig out your boots, get your friends and family together and get walking! Find out more from their [website](#).

Healthier Fair. Monday 12th September 9am – 4pm at The Forum, Norwich. The Healthier Fair is a showcase of community NHS services, provided by Norfolk Community Health and Care, across the county. Find out more about NCH&C's services and meet staff including; community nursing teams, physiotherapists, diabetes specialists, infection control nurses, smoking cessation teams, and children's services. Find out more from their [website](#).

Safeguarding Week. 12th – 19th September 2016. Look in the press for information and events going on in your area during Safeguarding Week.

In Norfolk 2,709 safeguarding adult concerns were raised between April 2015 and March 2016 (in England there are over 100,000 cases reported of adults being abused each year). Most often the abuse is carried out by someone known to the person who is being harmed.

In our local parish, we probably know someone who needs help with their money, to pay their bills or for shopping, or support to get around or carry out daily tasks. Often there is a formal or informal arrangement in place with social services, a care home, carer, friend or relative. Sometimes, though, things may go wrong. The person needing support may feel uncomfortable, afraid or hurt in the situation, or find their money or possessions are being taken from them.

Adults can suffer from all sorts of abuse. As well as physical, emotional and sexual abuse, people can experience financial abuse – when people take money or belongings without asking. People can be neglected, when people who are there to help do not look after people properly or neglect themselves to extent that this puts them at risk.

The individual causing the harm may be a stranger, but as the statistics show, more often than not it is someone they know and usually feel safe with, often in a position of trust and power, such as a health or care professional, a family member or relative or neighbour. But everyone has a right to feel safe, to make their own decisions and to be respected and listened to, and live free from abuse or neglect.

So look out for the signs of abuse. These can include someone who looks dirty, is not dressed properly or has an injury that is difficult to explain. Other signs can include someone who seems

frightened around certain people, seems unusually down or withdrawn or who finds money missing. Trust your instinct – if something doesn't feel right, it probably isn't. Even if you're not sure whether these signs mean abuse, you should still report them to Norfolk Social Services. You can report your concern anonymously, but please give us as much information as possible so that we can follow it up.

To speak up and report abuse by phone 0344 800 8020, text 07767 647670 or online at: online.norfolk.gov.uk/socialcareenquiry. In an emergency you should call the police on 999. If you'd like more information visit www.norfolk.gov.uk/speakup

Do you have a story to tell?

Do you have a story to tell? Norfolk Library & Information Service are collecting memories about Norfolk's past to bring local history to life. They are setting up friendly groups for older people to come and share local stories across the county. Leaflet attached. If you, or somebody you know, would like to get involved please call Rachel Willis on 01603 774781 or email rachel.willis@norfolk.gov.uk

Funding and Grants

Big Lottery Fund's Celebrate England Scheme

This scheme will provide grants of between £300 and £10,000 to enable voluntary or community organisations, schools and statutory bodies to hold one off events and activities which give their community the chance to come together to mark something important, such as the Queens 90th Birthday, commemorating a local historic event or getting to know the neighbours better. Eligible projects will need to demonstrate that they are open to everyone in the local community.

Applications can be submitted at any time and are open on a 'first come, first served' basis until the funding is exhausted. For more information see <https://www.biglotteryfund.org.uk/celebrateengland>

Health and Wellbeing Innovation Grants 2016-2018

Healthy Norwich is seeking to award grants to encourage and support innovation that helps create a healthier, happier Norwich. The grants will be made from two innovation funds – one for **mental wellbeing** and one for **reducing health inequalities** amongst vulnerable groups and deprived communities. Mental wellbeing and reducing inequalities are two themes which underpin everything Healthy Norwich sets out to achieve.

Applications can be made by constituted voluntary and community groups or charitable organisations, including social enterprises, served by GP Practices within Norwich CCG. Applications can also be accepted from Parish/ Town and District Councils for projects that clearly meet the Fund aims. Grants of up to **£5,000** will be considered. Deadline for applications 5pm, **26th August 2016**. For more information see <http://www.norfolkfoundation.com/funds/health-wellbeing-innovation-grants-2016-2018/>

Greggs Foundation's Local Community Project Fund

Provides grants of up to £2000 to not-for-profit organisations for projects providing equipment for people in need at the heart of local communities. Eligible projects should improve resilience within a community of interest and can include sessional activities. Equipment for sessional activities, trips and residential breaks. Deadline for applications is **30th September 2016**. For more information go to: <https://www.greggsfoundation.org.uk/grants/local-community-projects-fund>

Interesting news and articles

[One hour of activity needed to offset harmful effects of sitting at a desk](#) (27 July 2016 The Guardian)

[Top Tips to avoid investment scams](#) (14 July 2016 My Ageing Parent)

[We need to talk about getting old, says charity](#) (11 July 2016 BBC News)

[Dancing into Older Age](#) (7 July 2016 My Ageing Parent)

[Can technology alleviate loneliness for the over-80s?](#) (4 July 2016 My Ageing Parent)

If you would like to include something in the next Grow Your Community Bulletin, please contact Rose Waterman on rose.waterman@broadland.gov.uk or 01603430138.