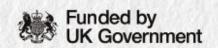
Diss-covered



World Café Report 2024







Introduction

The South Norfolk Health and Wellbeing Partnership brings together a range of partners to improve the health and wellbeing of the local population prioritising prevention and addressing healthy inequalities. The Partnership is engaging with and involving community members in its work to ensure that the support provided meets the community's needs.

As part of its efforts, the Partnership is launching World Cafés to foster open dialogue within the community. These World Cafés offer a welcoming and creative space where people can come together to share ideas and develop solutions to common challenges.

With funding from the UK Government and South Norfolk District Council through the UK Shared Prosperity Fund, Mutual Gain was commissioned to deliver training on the World Café methodology and to facilitate the first event in the district. Diss was chosen as the initial location based on data analysis, which identified it as an area with significant deprivation and need.

The Partnership organised and delivered the World Café with input from a broad range of stakeholders, including community representatives, local government, voluntary services, public health, youth services, health services, social housing, the Department for Work and Pensions, and Citizens Advice.

The Event

The World Café, named 'Diss-

covered', took place on Saturday,
13th July 2024, at Diss Town
Football Club, with 38 community
members in attendance.
Participants were asked to discuss
three questions in small groups,
each with a facilitator. They were
encouraged to write and draw their
thoughts and ideas on the
tablecloths. This information was
then typed up and categorised to



identify key themes, which have been used to compile this summary report. During the event, a graphic recorder listened to the discussions and illustrated the key themes, creating wonderful visuals that have been included in this report and will be displayed within the community.

The feedback from participants was very positive: 100% felt their voice had been heard, 83% said they would attend another World Café, and 17% said they might. There were numerous positive comments from participants, including 'Being involved in this group made me feel helpful today', 'inspiring', and 'hopeful for the future'. Many participants expressed a desire for action following the event, with some concern about this part of the process being realised.

Methodology

All data collected at the World Café was added to a spreadsheet for analysis. The data was run through ChatGPT to categorise it, an Artificial Intelligence (AI) chatbot with natural language processing (NLP) that allows you to have human-like conversations to complete various tasks. The data processing and categorisation was then checked and adjusted manually by a small team to alter errors and misinterpretations. The categories were confirmed for each question and used to write this report. The team identified the overall themes that came up most frequently across the three questions and checked this by running it through ChatGPT resulting in 5 confirmed themes which are detailed in the conclusion.

Executive Summary

South Norfolk Health and Wellbeing Partnership recently held a World Café event in Diss on 13th July 2024 to encourage community conversation on local challenges and solutions in relation to health and wellbeing. The event involved 38 community members. Mutual Gain facilitated the event encouraging participants to write and draw their ideas on tablecloths. A graphic recorder illustrated key themes, and data from the event was processed using ChatGPT and manually verified to produce this report and identify five key themes for future action.

Key Themes

1. **Mental Health and Personal Barriers**: Many participants highlighted the role of mental health issues, including anxiety, lack of confidence, and bereavement, as contributing factors to social

isolation. Personal barriers, such as difficulties with technology and negative emotional states, also played a role. There were suggestions of how individuals can support themselves, and opportunities for self-development.

- 2. **Community Support and Initiatives**: There was a strong call for more accessible and well-publicised community support, including suggestions for drop-in centres, befriending services, and greater information dissemination. Existing community resources like churches and local social groups were noted, but there was a need for improved outreach.
- 3. Access to Resources and Services: Participants noted limitations in transport, healthcare, and public services. Rural isolation, poor public transport options, and healthcare access were frequently mentioned. More affordable leisure and fitness opportunities were also suggested, particularly for young people and the elderly.
- 4. **Social Connections and Reducing Isolation**: Social isolation, particularly among vulnerable groups like older people and people with disabilities, was a recurrent theme. The need for activities that foster social interaction and friendship-building was emphasised.
- 5. **Creating a Positive Environment**: Environmental issues such as traffic, noise pollution, and safety were concerns, with participants suggesting litter-picking and improving community spaces to foster a positive and welcoming atmosphere.

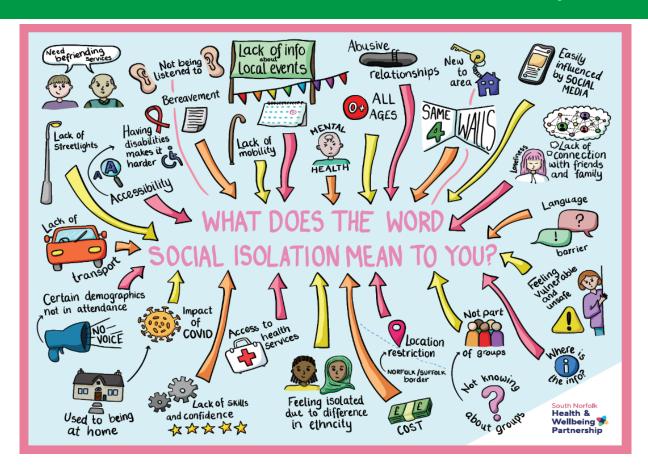
Next Steps

A follow-up event is scheduled for **7**th **September 2024**, to further explore these themes and develop an action plan with the community. This collaborative effort will continue to involve community members and stakeholders to ensure that local needs are addressed effectively.

Acknowledgements

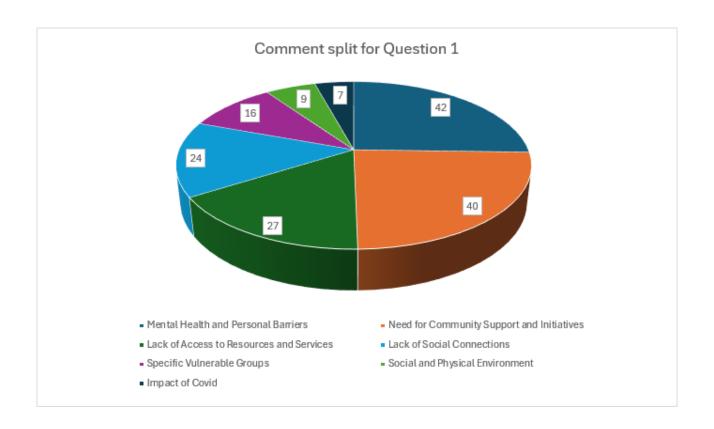
The project was delivered with support from numerous stakeholders, including community members, local government, health services, voluntary, community, and social enterprise organisations. For the full list of organisations involved please go to page 17.

Question 1: What does the word social isolation mean to you?



There were 171 pieces of data categorised for this question into 7 themes.

Theme	Number of comments
Mental Health and Personal Barriers	42
Need for Community Support and Initiatives	40
Lack of Access to Resources and Services	27
Lack of Social Connections	24
Specific Vulnerable Groups	16
Social and Physical Environment	9
Impact of Covid	7



Social Isolation

Participants identified a range of factors contributing to social isolation, with a strong focus on mental health challenges and personal barriers. These included a lack of confidence and social skills (10 mentions), difficulties with modern technology and social media (8), fear and anxiety (7), mental health (7) and other related factors such as negative emotional states (4), bereavement (3), employment (1), and housing (1). Digital exclusion was raised as a challenge and some participants expressed a desire to be able to access services and opportunities 'offline'. One participant noted, "Scared in case people don't like me," reflecting the anxiety that can lead to isolation. Another shared, "Feeling of lack of worth," indicating how negative emotional states can exacerbate feelings of isolation. The lack of social connections, particularly the absence of relationships with friends and family, was also frequently mentioned (24), leading to feelings of isolation and loneliness, as highlighted by the quote, "No one to talk to."

Access to resources and services

The issue of inadequate access to resources and services was another prominent theme, with 27 comments highlighting limitations in public services (10 mentions), transport (10), and healthcare (7). One participant expressed frustration with the public transport system, saying, "Bus only every 2 hours – people rely on buses," which underscores the challenge of mobility in rural areas. Concerns about healthcare included comments like, "No follow-up from health services after major health events," highlighting gaps in continuity of care. Participants also expressed concerns about poor investment, lack of collaboration, and 6

feeling unheard, especially in smaller villages where transport options are limited, and healthcare services are less accessible.

Community support and initiatives

Community support and initiatives were identified as both a current asset and an area needing further development. While some participants pointed to existing resources like the church, Diss Mum's Facebook Group, and neighbourly support (10 mentions), there was a clear call for more information about these services (7), with one suggestion being, "Local radio – more info about local events," to improve awareness. The need for new initiatives was strongly expressed (13), with suggestions including a drop-in centre, a befriending service, and daily check-ins for the elderly. The challenge of cost and accessibility of activities was also mentioned, with one participant noting, "Cost of getting to points of interest...swimming, drama groups etc.," as a barrier, especially for younger people.

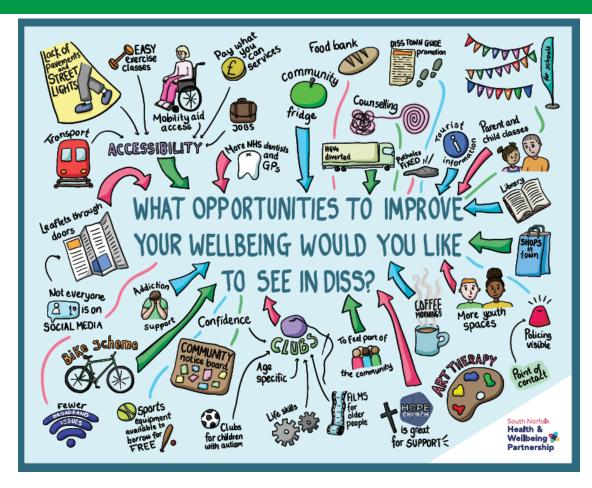
Vulnerable groups

Vulnerable groups, such as the elderly, disabled individuals, young parents, parents of disabled or autistic children, and minority communities including people of colour and LGBTQ+ individuals, were highlighted as particularly at risk of social isolation (16 mentions). One participant shared, "Having a disabled/autistic child who struggles in lots of situations means you are stuck in more," illustrating the challenges faced by parents of children with special needs. Additionally, concerns about safety (9 mentions) and the lasting impact of COVID-19 on social lives were noted as contributing factors, with one comment reflecting, "Impact of COVID – used to being at home – in your own bubble," showing how the pandemic has intensified feelings of isolation.

Conclusion for Round 1

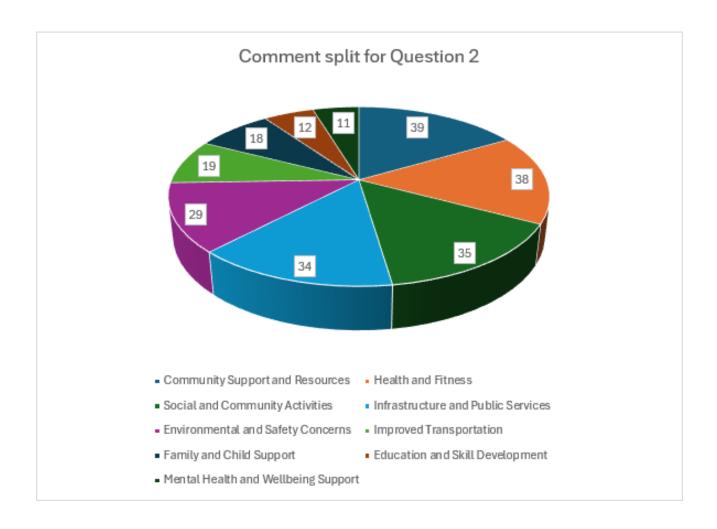
The feedback from participants underscores the complexity of social isolation and its significant impact on individuals' lives. However, it is encouraging that participants not only identified these challenges but also proposed practical solutions. There is a clear opportunity to expand and better utilise community support and initiatives to mitigate social isolation. As one participant suggested, "Community support can help to find new friends," highlighting the potential of community-driven solutions. Addressing the identified gaps in resources and services will also be crucial in reducing social isolation in the community.

Question 2: What opportunities to improve your wellbeing would you like to see in Diss?



There were 235 pieces of data categorised for this question into 9 themes.

Theme	Number of comments
Community Support and Resources	39
Health and Fitness	38
Social and Community Activities	35
Infrastructure and Public Services	34
Environmental and Safety Concerns	29
Improved Transportation	19
Family and Child Support	18
Education and Skill Development	12
Mental Health and Wellbeing Support	11



Barriers to accessing resources and activities

Most participants associated barriers to wellbeing as difficulties in accessing community support and resources, health and fitness activities and social and community activities. Comments included the need to increase the accessibility, range, and sustainability of community groups, improve health services, increase access to affordable/ free food, and improve information and awareness on services, especially via channels other than electronic methods (9 mentions). There was a recognition in the group that resources are present, but these are not publicised widely leading to a lack of awareness of groups. Potential solutions commented on included using a variety of publicity methods, not just online, having a health and wellbeing coordinator for the town (2), public fairs, events and making use of existing services.

Strengthening volunteer support and improving community involvement in initiatives, such as 'The Fridge', was seen as important. It was mentioned about responsibility not being left to one person (3), with one participant stating, "All clubs rely on one person to run, and when they go the club fails".

New resources

The group came up with solutions including creating drop-in sessions (5), a range of new clubs, a hub using existing empty premises, areas being given to the community by businesses, and the creation of a welcoming space for all to attend. Creating a welcoming, non-judgemental space was mentioned by a few participants, including connection for new people to the area. A cross generational group was also suggested (1) and one participant mentioned the need for more evening activities (1).

Youth Provision

A need for further provisions for youth were recorded (13), with suggestions including holiday and after school clubs, informal places for youths to hang out, a youth cafe and consulting youth. A participant commented on the need to "Consult the young people! - A 'world cafe' for them and their allies." Older people (3), and families were also noted as needing further opportunities, with barriers being recorded as a lack of support, limited further education opportunities, and limited options for part time work to help with family life balance (2). Difficulties in finding venues were noted, with the youth community centre out of use (2).

Financial and Transport Barriers

Finance barriers crossed over categories and was seen as limiting access to food (6), therapy (1), transport (3) and exercise facilities (8), with the need for free exercise activities (4) being mentioned. A common issue recorded was isolation and limited public transport especially in villages surrounding Diss (9), and accessibility at the train station due to no lift (2). Suggestions to improve transport included more community options, organised car sharing, neighbourhood lifts and one participant stating, "I could drive people (including young people) to get places they need to from my village." Transport issues were also commented on in connection to getting to hospital (1), school (1) and for disabled parking (1) and bus passes for disabled children (1). The group also commented on safety concerns for some roads if you need to walk (1).

Healthcare Access

Accessing healthcare was seen as a barrier to wellbeing including dentists (2), GPs (6) and mental health services (4). The groups came up with some community solutions for new groups such as an "Art club - art for therapy" and "Walking for mental health" and connecting people more with nature.

Environmental and Safety Concerns

Environment and safety concerns were seen as barriers, with a range of comments. Participants raised issues regarding Victoria Road in connection to pollution levels, lorries, traffic congestion and noise. A bypass for Victoria Road and a petition to the local MP were suggestions, including linking up with schools and "... climate ambassadors and Let's go zero." Health concerns due to pollution were common (5), and barriers to wellbeing were also connected to parking issues and speeding with a lack of enforcement perceived and the need for more police (4). The group also relayed the feeling of not always feeling safe with suggestions including more CCTV and somewhere indoors to withdraw cash (2).

Conclusion for Round 2

The comments for round 2 show that wellbeing in Diss is impacted by a range of factors, from the provision of local community groups for all ages, access to health and fitness, transport links, accessibility, finances, pollution, and not feeling safe in the community with better connection to the police wanted. The group were keen to suggest options that help to build community resilience. These included improving support to new and existing groups, improving volunteer networks, and addressing a range of conditions on Victoria Road. It was also felt that more information on existing resources were needed, and that communication is necessary in variety of media not just online. A suggestion was made for a coordinator to help bring information together and promote what is already happening.

Question 3: What would make it easier for us to strengthen our own wellbeing?



There were 164 pieces of data categorised for this question into 12 themes.

Theme	Number of comments
Building and Maintaining Relationships	22
Accessing Local Resources	21
Volunteering and Helping Others	18
Skill Development and Lifelong Learning	17
Creating a Positive Environment	13
Engagement with Support Networks	12
Empowerment and Self-Sufficiency	12
Physical Health and Fitness	12
Mental Health and Emotional Well-being	11
Supporting Community Initiatives	7
Routine and Goal Setting	5
Healthy Living and Nutrition	5



Building Relationships

The most frequently mentioned theme, "Building and Maintaining Relationships," received 22 mentions. This theme highlighted the importance of socialising with friends, family, and neighbours, as well as participating in community groups and events. Many comments focused on connecting with neighbours or people with similar interests, emphasising the need to develop these relationships by creating more opportunities for interaction, communication, and fostering community spirit—such as cultivating "a friendly neighbourhood culture of talking & chatting to each other." Several people mentioned spending more time with friends and family, while others suggested joining social clubs, groups, or activities, with some recommending community projects and gatherings, like "joining clubs, groups, maybe volunteer, community allotment."

Accessing Local Resources

The second most discussed theme, "Accessing Local Resources," received 21 mentions. Participants emphasised the importance of informing people about available local groups and activities. Some suggested distributing a weekly leaflet or newsletter with both an online version and use of tourist

windows to raise awareness. Increased use of community facilities, such as the John Grose Leisure Centre, Corn Hall, and the local museum, was also highlighted, with ideas for broadening opportunities. Some participants felt that local government and support organizations could contribute by helping to implement these ideas.

Volunteering and Skill Development

"Volunteering and Helping Others" emerged as another significant theme, with 18 mentions. Many people expressed a keen interest in volunteering and sharing skills to support each other, with some encouraging others to "volunteer if you are able to." There was a strong belief that using one's strengths to help others, through activities like skill swapping, teaching, or assisting someone who has been bereaved, would be beneficial to well-being. This idea of mutual support ties in with another theme related to learning new skills and lifelong learning.

The theme of "Skill Development and Lifelong Learning" received 17 mentions, underlining the value of education and hobbies for personal growth and well-being. Classes and workshops were considered effective ways to enable learning, with some participants believing education is key, while others placed more importance on hobbies and interests.

Creating a Positive Environment

"Creating a Positive Environment," which received 13 mentions, overlapped with the top-ranked theme of building relationships. This theme focused on fostering a friendly culture by encouraging more communication and looking out for others, especially those who are older or more vulnerable. Promoting community wellbeing initiatives was another idea that emerged within this theme. Additionally, "Engagement with Support Networks," which garnered 12 mentions, highlighted the importance of having people to talk to and seek help from when needed. Suggestions for engagement included ideas like "matching days" and intergenerational meet ups for a chat or volunteering.

Empowerment and Self-sufficiency

The theme of "Empowerment and Self-Sufficiency," also with 12 mentions, focused on developing self-sufficiency skills and planning for life events, such as retirement or maternity. As one participant suggested, it is important to "prepare for life events like retirement, maternity, baby, so aware of what's available to support."

Physical and mental health were also prominent themes, each receiving 12 and 11 mentions, respectively. Physical health comments emphasised the importance of creating a routine, utilising outdoor spaces, and spending time in nature as well as online resources as a cost-effective, weather-proof alternative for staying active. Activities like walking groups and community gardens or allotments were frequently mentioned. For mental health and emotional well-being, mindfulness and positive thinking were among the ideas suggested, while others believed external support was necessary. Routine and goal setting were also highlighted as independent methods to improve well-being, with suggestions like checklists, finding time to relax, and trying new things to reduce stress.

Supporting Community Initiatives

The theme of "Supporting Community Initiatives," with 7 mentions, discussed ways to engage the community through local projects and activities. Suggestions included using empty shops or the "empty post office" as a community resource for providing activities or groups and building connections.

Healthy Living and Nutrition

Lastly, "Healthy Living and Nutrition," with 5 comments, emphasised the importance of healthy eating. Cooking classes were suggested, not only to learn to cook but also as an opportunity to eat together and strengthen social bonds.

Conclusion for Round 3

In conclusion, the data indicates that both internal and external factors play crucial roles in strengthening well-being. Relationships and the support they provide featured prominently in the comments, whether with family members, friends, or neighbours, fostering a sense of community spirit or shared interests that bring people together. Raising awareness of and expanding existing resources, groups, clubs, and activities within the town and surrounding areas was a popular suggestion for improving engagement and addressing issues like isolation. Additionally, people believed that sharing skills, helping each other out, and volunteering were effective ways to build support networks and create a positive environment. Health and nutrition were also emphasised, with activities aimed at increasing fitness, reducing stress, and promoting relaxation being seen as key to both physical and mental health. Finally, self-development through education, learning new skills, and taking up hobbies was another area where people felt they could enhance their wellbeing.

Final Conclusion

The community of Diss enjoyed the World Café event, feeling that these conversations were a good starting point to explore local issues and come up with collective solutions. The group were forthcoming in sharing their concerns which included: a lack of community resources and opportunities for social connections, limited knowledge of what is already available, difficulty accessing public and health services, public transport not meeting the needs of residents, feelings of isolation in surrounding villages, cost of health and fitness activities, safety, and environmental issues.

The key themes identified were as follows:

- Mental Health and Personal Barriers: Develop strategies to improve own mental health, personal circumstances, and self-development.
- 2. **Community Support and Initiatives**: Look at ways to strengthen existing community support networks, develop new initiatives, and improve awareness and accessibility of available resources.
- 3. Access to Resources and Services: Explore ways to improve affordability and range of health, youth, fitness, and transport services.
- 4. **Social Connections and Reducing Isolation:** Creating opportunities for social interaction that foster a culture of community connection, and support for all, specifically those who are vulnerable, at higher risk of isolation including those new to area.
- 5. **Creating a positive environment:** Looking at ways to improve the local area such as litter picking, parking, air and noise pollution, road traffic, and safety.

Many solutions and ideas were put forward by participants to address some of the barriers and challenges raised. We look forward to exploring this further with the community at the follow up event on Saturday 7th September. There will be an opportunity for participants to share comments and propose changes for the final copy of this report. The follow up meeting will enable community discussions to explore the key themes and start developing an action plan.

Thank you to all those involved!

This project has been planned and delivered in partnership with a wide range of stakeholders including members of the community. On behalf of South Norfolk Health and Wellbeing Partnership we would like to say a big thank you to everyone involved including representatives from:

- Our partners at South Norfolk Health and Wellbeing Partnership
- Members of the local community
- Mutual Gain
- MTM Youth Services
- Representatives from South Norfolk Youth Advisory Board
- Harleston Information Plus
- Citizens Advice Diss and Thetford
- The Department of Work and Pensions
- Clarion Futures
- NHS Talking Therapies Norfolk and Waveney
- Norfolk and Waveney Integrated Care Board
- South Norfolk District Council
- Public Health
- Diss Town Council
- Roydon Town Council
- Harleston Town Council
- Long Stratton Town Council
- On Track Norfolk

Appendix 1: Existing resources in Diss

Please note, this list is not exhaustive.

- Diss Town Guide, digital copy available on Diss Town Council website.
- Groups at the Corn Hall Tel: 01379 652241
 - o Groups & Classes The Corn Hall
- Things to do in South Norfolk for Children and Young People.
 - South Norfolk Youth Advisory Board website <u>Things To Do | South Norfolk Youth Advisory</u>
 Board (snyab.org)
- Things to do for adults.
 - Diss u3a: Welcome to the Diss U3A Website (u3asites.org.uk) a "self help, self managed society". U3A is dedicated to lifelong learning and socialising, with specific smaller interest groups that members can set up and attend based on interest, knowledge and skills that can share.
 - o Repair Café at Designermakers 21, St Nicholas Street
 - Diss Community Workshop (Dickleburgh), Camberwell House, Common Road, Dickleburgh
 IP24 4PJ <u>Diss Community Workshop | Hope Church (wearehopechurch.net)</u> Tel:
 07938005999
 - o Diss Coffee and Chat at the Angel Café Fairgreen on Thursdays 1-3pm
 - o Diss Baptist Church runs a number of informal social groups meeting during the week.
- Intergenerational Lunches
 - Intergenerational luncheons bringing together people of all ages to enjoy lunch and conversation. These are organised in Diss at Easter, Summer and Christmas. Please look out for local advertisement of this.
- Affordable food
 - The Shelf, Citizens Advice Diss, Thetford and District, Shelfanger Road.
 theshelf@cadat.org.uk Open Tuesday and Thursday morning based on membership and eligibility criteria. The Shelf Citizens Advice Diss, Thetford & District (cadat.org.uk)
 - Community Fridge, DYCC Shelfanger Road. Thursday 6-7pm. <u>Diss Community Fridge Project</u>
 <u>| Facebook</u>

- Foodbanks located at Hope Church, open Monday, Tuesday, Thursday and Friday 10-11am and via appointment on a Sunday in exceptional circumstances. Food banks in some surrounding areas too see <u>Waveney Foodbank | Helping Local People in Crisis</u>
- Community Café. <u>Fare Share & Community Cafe | Hope Church (wearehopechurch.net)</u>
 Hope Church Monday 10-12 and Friday 10.45 12.00 with a light lunch on Friday 12-1.30pm. Open to everyone.
- Support Groups
 - Diss URC, including a dementia café, carers group, international friendship group. <u>Diss</u>
 <u>United Reformed Church | Regular events (dissurc.org.uk)</u>
- Music groups and lesson
 - Diss URC, including a choir and guitar and piano lessons <u>Diss United Reformed Church |</u>
 <u>Regular events (dissurc.org.uk)</u> Tel: 01379 650770

Appendix 2: Further resources

South Norfolk and Broadland Communities Team communities@southnorfolkandbroadland.gov.uk or Tel: 01603 430611

- Help in setting up a new community group or help with an existing group.
- **Funding for communities**, also see <u>Community funding | Broadland and South Norfolk</u> (southnorfolkandbroadland.gov.uk)
- Toolkit for Community Groups is available here <u>toolkit-for-community-groups</u>

 (southnorfolkandbroadland.gov.uk)
- Community Engagement Van which is visiting rural areas on a schedule but is also available to the community. To find out more see Community Engagement Van Broadland and South Norfolk (southnorfolkandbroadland.gov.uk)

Voluntary Norfolk reception@voluntarynorfolk.org.uk or Tel: 01603 614474

- Support and training for voluntary groups Voluntary Sector Support | Voluntary Norfolk
- Advertising for volunteers and to see available opportunities Corporate volunteering | Get InVOLved Norfolk

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Active Norfolk

- Exercise for older adults and those with health conditions, including exercise at home <u>Vulnerable</u> and older adults - Get Active At Home - Active Norfolk Email: info@activenorfolk.org

Wellbeing Service Tel: 0300 123 1503

- Support for wellbeing and free courses <u>Helping you live your life - The Wellbeing Service Norfolk and</u>
Waveney (wellbeingnands.co.uk)

Recovery College RecoveryOnline@nsft.nhs.uk or Tel: 0300 303 4419

- Free workshops and courses for anyone over 16 in Norfolk and Suffolk to support your wellbeing and recovery. Recovery College | Norfolk and Suffolk NHS (nsft.nhs.uk)

Norfolk Highways

- Problems with roads and public right of way, including streetlights, potholes, overgrown tress and bushes.
- Report a highways problem Norfolk County Council

Transport

- West Norfolk Community Transport Project offers Rural Dial a Bus to Diss every Wednesday to Diss.
 A pre-booked door to door service running from Old Buckenham, Banham, Tibenham, Winfarthing,
 Shelfanger to Diss. Contact 01553 770310
- Information on your travel options and route planning <u>Travel Norfolk</u> <u>Travel Norfolk</u>
- Community transport for South Norfolk and North Suffolk Community Transport | South Norfolk
 and North Suffolk (borderhoppa.org), 01379 854 800
- Norfolk County Council Travel Norfolk Car Scheme, community travel service helps eligible adults get to vital health, social and wellbeing services <u>Travel Norfolk car scheme Norfolk County Council</u>, 0344 800 8020 (Monday to Friday, 9am 5pm)

Environment

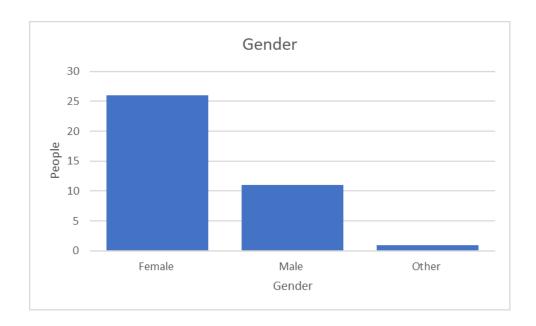
University of East Anglia (UEA) has been named as a partner in the Climate Ambassador Scheme
that provides nurseries, schools and colleges across England with free access to local experts who
can help turn their climate and sustainability ambitions into action. Anyone interested in becoming
a Climate Ambassador can sign up to the scheme now to be provided with free training and

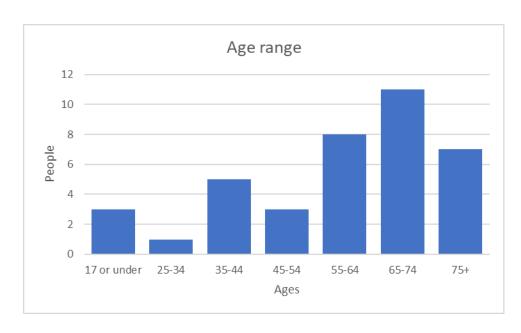
support, and be matched to a local nursery, school or college that needs help building a climate action plan.

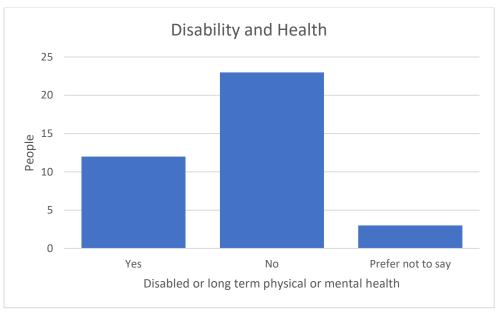
- Sign up here <u>Climate Ambassadors (stem.org.uk)</u>

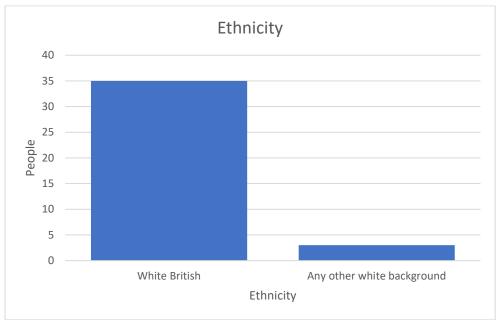
Appendix 3: Demographic information collected at Diss World Cafe

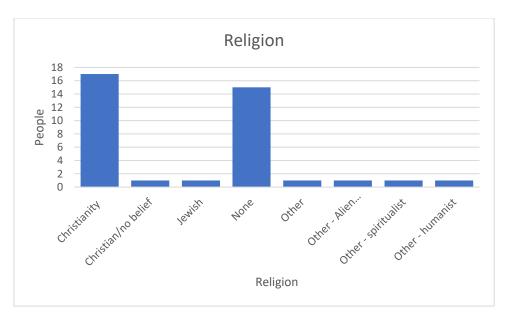
All participants were asked to complete an optional anonymous demographic survey. All 38 participants took part in the survey. The results have been displayed using charts. We will be exploring how we can increase diversity of participants for future events.

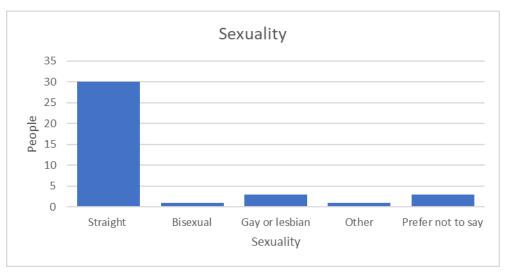


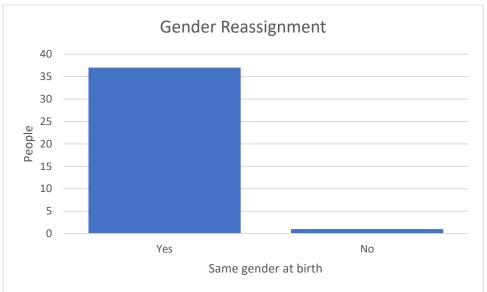












Appendix 4: Access Online Version

A digital copy of the final version of the report will be made available on the Council's website, please use the link below or scan the QR code to access:

<u>World Cafés in Broadland and South Norfolk | Broadland and South Norfolk</u> (southnorfolkandbroadland.gov.uk)

