

WINTER 2024

LINK



You can view this magazine online at
southnorfolkandbroadland.gov.uk

CHRISTMAS BIN DATES

Collection days for rubbish and recycling bins over the Christmas period. These dates do not apply to garden waste bins.

| Normal collection day | Christmas collection day |
|-----------------------|-------------------------------------|
| Tuesday 24 December | Tuesday 24 December (no change) |
| Wednesday 25 December | Friday 27 December (2 days later) |
| Thursday 26 December | Saturday 28 December (2 days later) |
| Friday 27 December | Monday 30 December (3 days later) |
| Tuesday 31 December | Tuesday 31 December (no change) |
| Wednesday 1 January | Thursday 2 January (1 day later) |
| Thursday 2 January | Friday 3 January (1 day later) |
| Friday 3 January | Saturday 4 January (1 day later) |

Important: There will be no garden waste collections from 23 December to 3 January. Collections will recommence from Monday 6 January on your normal collection day.



Useful contacts

South Norfolk Council main switchboard:
01508 533701 Monday – Friday 8.30am to 5pm
Website: southnorfolkandbroadland.gov.uk

@SNorfolkCouncil @SouthNorfolkCouncil

Editorial

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Advertisements featured in the Link do not mean the Council endorses those companies or services in any way. The Link is printed on paper made from recycled material. Events and services are correct at time of printing but may change.

Support for anyone who is feeling vulnerable:

- ▶ All ages
- ▶ Help with obtaining the basic essentials
- ▶ Feeling isolated
- ▶ Worried about issues at home, including relationships
- ▶ Money issues

Call Help Hub: 01508 533933
e: helphub@southnorfolkandbroadland.gov.uk



If you would like this information in a different format, such as large print, audio, Braille or in a different language please call 01603 431133 and we will do our best to help.

Contents

| | |
|--|-------|
| Investing in Wymondham | 6 |
| Love Local this Christmas | 8-9 |
| Community stars shine at awards night..... | 12-13 |
| £150,000 for community projects | 16 |
| Recycle better this Christmas..... | 22 |



A message from the leader



As we approach the end of the year, I wanted to reflect on recent events. Over the last six months, South Norfolk has been at the forefront of our national media for the infrastructure projects proposed or happening in our district. While some of these are long fought for improvements, like the construction of the Long Stratton bypass, which is well underway and will improve the quality of life for our residents, others are not.

South Norfolk has always been a supporter of planned housing growth, promoting new homes for local residents, and making sure that infrastructure is delivered alongside that

growth. We also understand the need to support green energy, but there must be a balance.

We need to conserve the environment and promote energy security, but not at any cost and the Council continues to strongly oppose plans for huge pylons bisecting our beautiful countryside. It's just not right that National Grid are prepared to bury their cables in Essex, and put them offshore in Kent, but not in Norfolk. We cannot let our county become a second class citizen to the Home Counties.

And now we hear of new applications, for thousands of acres of solar panels across our landscape. The final decision for which will not be decided locally by South Norfolk residents, but in Whitehall.

So, I challenge the government to consider three things: First, how sympathetic are these solar farms to the rural character? Will they really enclose entire villages?

Second, how will food security be impacted. Food production is a vital part of the Norfolk economy, and we need to support our farmers. Finally, what, if any will be the benefits for local residents and communities? Will there be discounts on electricity bills and what about those businesses who even now, can't get a grid connection? South Norfolk must not become a battery for London.

South Norfolk Council will always support our communities, whether it's fighting and winning the Deal Farm appeal, or the amazing work done through our Help Hub, looking after our most vulnerable residents. We know that this can be a difficult time for some, and I am proud that our services can and will support those who need a helping hand.

Finally, I would like to take this opportunity to wish you all a very happy Christmas and a wonderful New Year.

Council leader, Daniel Elmer

South Norfolk Chair's civic charities



The Chair of South Norfolk Council, Cllr Sharon Blundell, has chosen the two charities that she will support during her time in office.

Cllr Blundell, member for Old Costessey, said the two charities, Costessey First Responders and MTM Youth Services are very close to her heart.

She said: "Costessey First Responders are everyday heroes who provide immediate care in emergency situations, often arriving before an ambulance. Their prompt actions save lives and offer critical support to our community in moments of need."

"MTM Youth Services is dedicated to empowering our young people aged 11 to 19. They provide support for young carers, guidance, mentorship, and a safe space for our youth to grow. Investing in these services helps build a brighter future."

Glyn Taylor from Costessey First Responders said: "Cllr Sharon Blundell's support for us will have a significant impact on what, as a group we can provide for our community. It will help us recruit additional volunteer responders, purchase additional kit, equipment and uniforms and most importantly allow us to continue as a group. We soon hope to be in a position to purchase a Raizer 2 lifting chair that allows a responder, after training, to help a patient who has fallen."

"We are immensely proud of Cllr Blundell's support, not just for us, but for her commitment as a Councillor to all within the community."

Sam Mason from MTM Youth Services said: "It's very exciting to be supported by Council Chair Sharon Blundell. We really believe our work with young people in South Norfolk makes a difference to their lives and having that recognised makes us immensely proud."

Councils win Gold in RSPCA PawPrints Awards

We are very proud to announce that we have been awarded the Gold standard in the RSPCA PawPrints Awards.

This prestigious honour highlights our continued efforts

to provide exceptional animal welfare services across the district.

The RSPCA PawPrints Awards, the only scheme of its kind, celebrates local authorities and public bodies for their

pioneering work in animal welfare across England and Wales.

We were awarded the Gold standard for the work done by our stray dog team.

We have secured a deal to replace existing septic tanks with private package treatment plants, at no upfront cost to homeowners.

This has been made possible due to a partnership between our company, Norfolk Environmental Credits, and Norfolk Rivers Consortium.

These upgrades will significantly reduce nutrient leakage into the environment, a critical step in safeguarding Norfolk's environment, its rivers and local ecosystems.

South Norfolk Cabinet member for Environmental Excellence, Cllr Keith Kiddie said:

"Every home generates nutrients from daily activities, such as flushing the toilet or using the dishwasher and untreated wastewater can harm our waterways. Our collaboration with NRC allows homeowners to upgrade their systems to more environmentally friendly options while contributing to the overall health of our natural resources."

The conversion process will generate a nutrient credit, which can be sold to housebuilders needing to offset additional nutrients from new

Win, win for the environment and residents

developments. Homeowners will also benefit from this scheme, making it a win-win for both residents and the environment.

Homeowners are required to maintain the new systems according to manufacturer recommendations, with the first two years of servicing covered by NRC. Homeowners will also enter into a legal agreement ensuring compliance for 90 years, including binding future property owners.

This initiative, supported by a loan from the Norfolk Mitigation Fund, underscores the commitment of NEC, whose shareholders also include Breckland Council, Broadland District Council and North Norfolk District Council, and its partners to sustainable housing solutions that benefit both communities and the environment.

For more information visit:
norfolknutrientneutrality.co.uk

It's that time of year

As we move into the wetter months, we and our partners in the Norfolk Strategic Flood Alliance are asking you to think about how you can protect yourself and your property. If you are affected by flooding:

- Do not put yourself in any danger.
 - Call the fire service on 999 if you are at an immediate risk of flooding.
 - Do not walk, cycle, or drive through flood water.
 - Block any air bricks to prevent more water entering.
 - Move pets and valuable items upstairs or to a place of safety.
 - Turn off your electricity and gas supply.
 - Check on vulnerable neighbours.
 - In a non-emergency situation call the flooding hotline 0344 800 8013
- To report flooding and find advice online at norfolk.gov.uk/flooding

Investing in Wymondham

The Council has a great track record in supporting our market towns and local economy and we would really like to thank those residents who have given their feedback on the proposed improvements to Wymondham town centre.

The Council is working with Wymondham Town Council to invest nearly £1 million to improve the market town's centre and surrounding areas. The money is coming from matched funding from both councils of £250,000 plus the proceeds from the sale of the old town council offices which South Norfolk Council owned.

Cabinet Member Cllr Lisa Overton-Neal said: "It's really good news that so many residents have already had their say on what we can do to improve Wymondham town centre. People's

relationship with the high street has changed and it's vitally important that we invest in the town to support local businesses and future proof Wymondham's high street."

Cllr Suzanne Nuri-Nixon, Wymondham Town Mayor and District Councillor said:

"Wymondham is a marvellous market town with a variety of businesses coupled with a vibrant and irrepressible community spirit. The new Public Realm project from South Norfolk, in partnership with the Town Council, will seek to add to that vibrancy and keep Wymondham a favoured destination for residents and visitors alike."

Both Councils have been asking local residents and

businesses how best to spend the money and how local people think Wymondham town centre can be improved. To make sure local residents had an opportunity to have their say, and share their views, the Council funded a public consultation.

To help us plan the next steps, the two councils asked residents how they currently use Wymondham town centre, and the issues and opportunities that it presents. The feedback received will now be used when it comes to the design part of the project.

Following the initial consultation, we are now moving forward to produce concept designs for the town centre with another consultation on these designs being held early next year.



Boosting business growth



Builder programme, they commissioned a large 'combine harvester' as a centrepiece for the new play area, in time for the busy summer season.

Constructed mainly out of wood, it was designed to fit in with the rustic farm setting and give children something exciting to play on.

Annelise Easton of Pulham Patch confirmed: "Every time we add a new offer, like the wild flower picking meadow or this play area, we are giving visitors more and we are making our business more resilient. Without the grant, the combine harvester would have had to wait for at least another year."

Cabinet member, Lisa Overton-Neal said:

"In the 24 months since Business Builder launched, we have helped businesses across South Norfolk with grants, as well as offered free advice and training to start ups. We're encouraging entrepreneurs and supporting businesses to be more competitive. This leads to better local employment opportunities and strengthens our local economy, which is positive for everyone in our district."

When two businesses made plans to diversify, Business Builder grants helped them make it happen faster.

Pulham Patch, near Long Stratton, is well known for its amazing maze, but that works for only a few months each year.

To offer visitors a much better value day out, and grow their business, the Pulham Patch team planned a diversification project. Thanks to a Rural Capital Grant from our Business

Branching into solar panel cleaning

If sensitive solar panels become dirty, they can lose up to 40% of their output, which means lost energy and money.

Spotting this opportunity, the owner of Tas Valley Cleaning Services set up an additional business offering solar panel cleaning and applied for a Rural Capital grant to help pay for the expensive specialist cleaning equipment.

Gary Webb said: "This grant has had a massive impact on my business growth. I've been able to take advantage of a gap in the market and act quickly to offer this specialist service to businesses and residents.

I was impressed by how smooth the whole process was and I only wish I'd known about Business Builder earlier."

Visit: tasvalleyexteriorcleaning.com



If you have a plan for business growth and need help with costs, contact us today.



Love Local this Christmas

Find the perfect gift

Walk down your local town or village high street and the ideas will just keep coming and, before you know it, everyone on your list will have a special gift, with spares for stockings.

It can be about buying things that people feel they can't justify buying for themselves, so this is the time when extra special versions of everyday things can make fantastic and thoughtful presents without breaking the bank.

So think... plants, toys, games, books, pretty mugs, locally produced jams and chutneys, Christmas cards, necklaces, craft kits, scarves, gloves... *deep breath*... beauty treatment vouchers, pampering products, soft toys, special notebooks, fancy chocolates, seeds for next summer's garden, and special beds and toys for pets. Socks have a bad reputation but they're still a great present!

If you'd like to buy something for spending time together, how about vouchers for pottery painting or tickets to a local show or a spa day or for an afternoon tea somewhere special.

If it's an emergency gift buying moment on your way to visit someone, your local garden centre is a pretty perfect stop-off point.

Good news! You can find everything you need for a wonderful Christmas, in a local shop.

From the best presents, to fresh Christmas dinner ingredients, to festive decorations, to that all-important Christmas tree — you don't need to go far to get the lot.

Even better, you'll also feel that warm glow from knowing that every pound you spend stays in our district and will help keep our brilliant local businesses open, adding colour and life to our communities, market towns, villages and country lanes. Local businesses are also important employers, and often give our teenagers their first jobs.



TOP TIP

Keep Christmas cards, wrapping paper, tape, pens, scissors and ribbons in your car along with a couple of locally-produced jars of honey or chutney. Just in case someone surprises you with a gift.

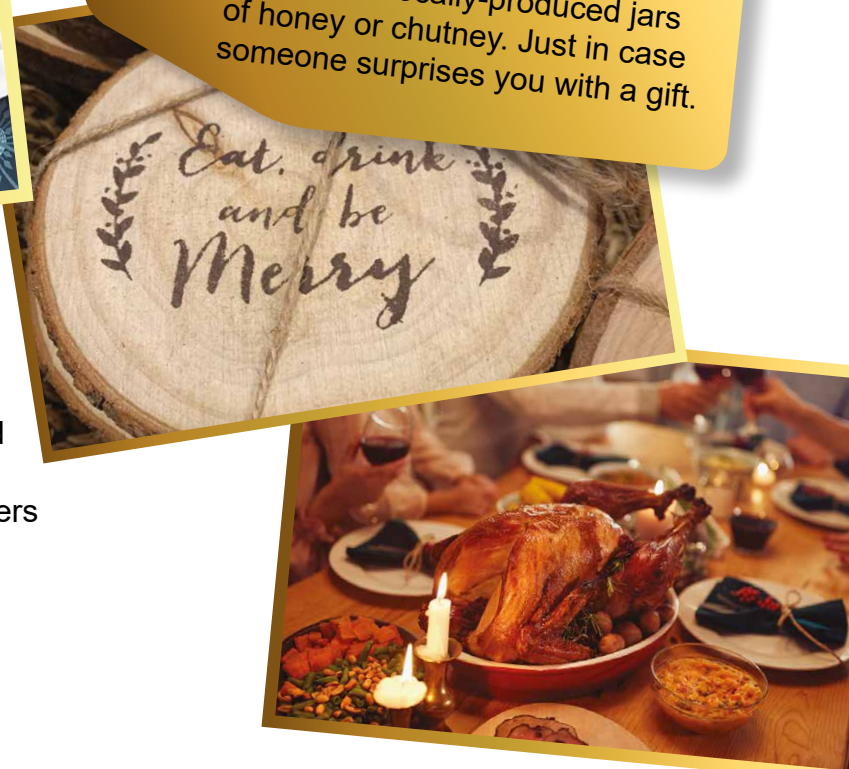


Who's organising Christmas dinner?

Christmas dinner is a roast lunch with frills, so no need to panic. Go to your local butcher and book that turkey if you haven't already. They'll help you work out the best size for your numbers and give you their top roasting tips.

If you're on a budget, your helpful butcher will happily recommend something that's still special, easy on your wallet and will be the wow of the table.

Then dive into your local farm shop or grocers for all the carrots, parsnips, sprouts and potatoes you need. There's always a handy shelf crammed with jars of gravy, bread sauce and cranberry sauce and a pile of Christmas puddings of different sizes. Look for the stacks of irresistible mince pies and chocolate bars and, if they're made in Norfolk, all the better!



Festive vibes and lights

Wrap up for your shopping trip with friends and enjoy the Christmas lights glittering along your local high street, with sparkly shop windows all dressed up with gifts ideas, and welcoming cafés and pubs ready to serve hot drinks, lunch and Christmas treats.

It's on us!

2 hours free Saturday Parking

7, 14 and 21 December

Enjoy two hours free parking in Harleston, Diss, Wymondham, Long Stratton, Loddon on the three Saturdays leading up to Christmas Day. Instead of the usual one hour free, you get two!

You still need a ticket when you park, but won't need to pay.



Scan to find a car park.

Top Up while you Shop



It's easy to top up your EV when you go Christmas shopping. Find faster, better and contactless EV chargers in all our five market towns.

| | |
|---------------|-------------------------------|
| Diss | ➡ Weavers Court Car Park |
| Harleston | ➡ Bullock Fair Close Car Park |
| Loddon | ➡ Church Plain Car Park |
| Long Stratton | ➡ Swan Lane Car Park |
| Wymondham | ➡ Market Street Car Park |



Scan for more information.

Councils' Help Hub helping people into work



We are offering residents who are looking for employment, training or opportunities to volunteer, support to find their perfect career.

Help Hub Employability is a friendly, free, personalised service with all the support residents may need in one place. The service works with you on a one to one basis to set small achievable goals, to help you acquire the skills and confidence needed to succeed in finding a job, training or voluntary position.

Cabinet member, Graham Minshull said:

"We know that it's not easy to find a job and the Council is here to help. If you're unemployed or soon to be unemployed, if you have been made redundant, looking for a career change or leaving further education with no employment in

place our Help Hub Employability can help make your next step much easier."

This free service provides:

- One-to-one information and advice
- Employment related benefits advice
- Navigation to vacancies and training
- Help to create a great CV and covering letter
- Guidance on how to apply for a job and write an application
- Assistance with interview techniques
- Support with confidence building

To find out how the Help Hub Employability team can help you email employability@southnorfolkandbroadland.gov.uk

Join our Community Links network

We are looking for people to join our Community Links Network. The network is designed to bring together our residents who serve as community leaders, volunteers, or those who work with voluntary groups and organisations in the district.

We are looking to foster communication, collaboration, and support within the voluntary community, and social enterprise sector to help

create thriving communities in our district and further afield. The network is led by the Council's Communities Team, and provides an opportunity for members to share updates, discuss challenges, and work together to help find solutions that can benefit the broader community.

Membership is open to anyone who is part of a voluntary, community, or social enterprise sector including a wide range of groups, from traditional organisations like Girl Guides and Rotary Clubs to newer initiatives like Community Fridges and Men's Sheds. Residents who are interested in learning more about opportunities to help in the voluntary sector and want to explore ways to get involved are also welcome to join.

To find out more about the network please email: communitycapacity@southnorfolkandbroadland.gov.uk or call 01603 430431



Here to help

To contact the Help Hub South Norfolk call 01508 533933 or email helphub@southnorfolkandbroadland.gov.uk

Over the last 10 years, we have led the way in bringing together partners from across the public and voluntary sectors to improve our residents' health and wellbeing. Intervening earlier to prevent issues from escalating.

We know there are vulnerable people in our communities who find it difficult to ask for help and that is why we do not wait for people to come to us.

Our Community Connectors are "local people" working at a grass-root level, using local knowledge to help residents access support. They meet residents in an informal setting – the school playground, libraries and community groups and are a trusted link to our health and social care services.

Nearly 20% of patients visit their GP with problems that are primarily social issues.

Our Social Prescribing initiative works to reduce some of the pressures on the NHS, by addressing these non-medical needs, looking at the causes of problems and offering residents tangible help and support.

Our social prescribing service began with Community Connectors covering two GP surgeries. Today there are 26 Community Connectors dealing with 1,000 referrals a month. The team now covers 43 doctors' surgeries, which is almost half the GPs in Norfolk.

We also understand how important it is for recovery, for people to stay in their own home. We recognised that patients leaving hospital were not receiving the support they needed and we started working directly with the hospital discharge hub to get people home as soon as possible and prevent re-admissions.

Since April 2021 we have had 7000 referrals to help a patient get home or to help prevent admission from the NNUH and Hellsdon hospitals. Together, we have opened up 49,000 bed days – delivering a massive saving of over £39 million to the NHS.

Preventing falls

The way we use technology is changing the way we provide support for our residents. We can now identify residents most at risk of a fall and we are working with them to put in preventative measures.

Those at risk are offered support, ranging from exercise classes, connections to local groups and small adaptations around the house. We have already seen a reduced number of falls and have helped people make positive changes to prepare themselves as they get older.

Community stars shine at awards night

Over 100 people joined us at a special evening at Bawburgh Golf Club, celebrating local volunteers at our Community Awards.

Council Chair, Cllr Sharon Blundell, expressed pride in all those who were nominated, she said: "We received over 100 exceptional nominations, making the short-listing process very difficult. Every nominee should take great

pride in the positive impact they have made in their local communities.

"It's truly inspiring to see so many dedicated individuals in our district who generously give up their time to help others. Hearing their stories, makes me proud to be part of this community. I'd also like to thank the council officers for organising this fantastic event."

Volunteers spend countless hours helping others, raising

money for charity, organising events, running clubs and community facilities.

The event was sponsored by Clarion Futures.

Yvonne Ogden, Communities Manager at Clarion Futures, said: "We're delighted to sponsor these awards which celebrate the best of South Norfolk. Volunteers are crucial to so many organisations working to support local people, and it's great to see their hard work recognised."



Young Achiever Award

Kitty Denny

Sponsored by

Kitty champions hedgehogs in her community, encouraging neighbours to create hedgehog friendly habitats. She's raised hundreds of pounds for The British Hedgehog Preservation Society and Hallwood Animal Sanctuary.



Town or Parish Councillor of the Year

Cllr Mary Dorrell

Mary has been a well-respected member of the Barford and Wramplingham Parish Council for over thirty years, holding the position of Chairman and Vice Chairman. She single-handedly worked with the authorities to resolve long term surface water flooding in the community.



Business in the Community Award

**Susan Whymark
Funeral Services Ltd**

Sponsored by

Offering support to bereaved families, Susan and her team do vital work in their local community. They offer free bereavement and suicide support groups and help to fund and run community sports and charity events.



Environmental Champion Award

Sponsored by

Greening Wymondham

This team of volunteers undertake conservation work in various locations around Wymondham. They have also created a community orchard on Browick Road and donated a tree to all year six pupils in Wymondham as part of their 'Trees for Schools' project.



Healthy and Active Award

Sue Gilmour

Sponsored by

Sue founded Hoopstars Basketball Club in Wymondham and coaches people of all ages, teaching them the importance of teamwork and fairness. The team now competes at County level. Sue also set up the Wymondham Panthers Football Team.



Connecting Communities Award

Wymondham and Attleborough Talking Newspaper

Sponsored by

This team of volunteers are dedicated to keeping blind and partially sighted residents informed. They record interviews on local interest stories, sharing them with local radio stations and the Wymondham Magazine.



Volunteer of the Year

Diana Grant

Sponsored by

Diana has dedicated her time to volunteering. She organises the volunteers for Wymondham in Bloom, works with the Heritage Museum, with Greening Wymondham, organising open gardens, and is the safeguarding lead at Wymondham Abbey.



Community Organisation of the Year

Harleston Information Plus

For over 20 years Harleston Information Plus has supported and advised locals and visitors alike. They develop their services to respond to local issues, for example, creating the popular weekly 'Jobs Club'. They also work closely with charities such as the Waveney Food Bank and provide a befriending service.



Lifetime Achievement Award

Peter Steward

Sponsored by

Peter has been involved in many events and campaigns in Hethersett, including for the London 2012 Olympic flame to be brought through the village. He now spends his time writing the Hethersett Herald.



Pride in Place Award

ClearCompany CIC

Sponsored by

Based at the Abbey Schoolroom in Wymondham, Julie and her team are bringing the community together and changing lives. Read the full story on page 18.

For more information about the awards and all the winners, please visit our [South Norfolk Community Awards page](#).



Opening soon

We are delighted to announce that our **Swim Centre in Diss** will reopen on **Monday 13 January**.

We are really looking forward to welcoming you back and showcasing the improvements that have been made to the centre, future-proofing the facility for generations to come.

Cabinet member, Cllr Kim Carsok said:

"This is really exciting news and, while other councils are being forced to cut back on their leisure provision, I'm very proud that we have recognised how important it is to help our residents stay fit and healthy. I'm also proud that we can now continue to teach hundreds of children to swim every year."

"We've made the choice to support our residents and, having already invested in our

leisure facilities in Wymondham and Long Stratton, the first part of our plan for Diss is now complete."

The improvement and refurbishment work included:

- Re-shaping and re-tiling the swimming pool area
- Expanding and improving changing rooms
- Improving the entrance lobby and reception
- Creating a new pool viewing area

The £4 million improvements were helped by securing £1.2m of Public Sector Decarbonisation Scheme funding from central government to reduce the carbon footprint of the leisure centre. This included installing air source heat pumps, new building cladding and insulation and solar panels on the roof.

Leisure

South Norfolk Council

These changes will go a long way to helping us achieve our net zero carbon emissions goal by 2030.

More investment to come...

In October, we were given planning approval for the demolition of the old John Grose site in Diss.

The work is earmarked to start in the early part of the new year, providing us with a clean site for our contractor to build Diss a new community and leisure centre.

As part of our on-going engagement with local residents, we will be holding public consultations to present our vision for the site.

To find out more visit southnorfolkleisure.co.uk



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Dr Alex Baker:
Medical Director

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Orthopaedic Hand & Wrist: Carpal tunnel, Trigger finger, Steroid injections and Dupuytren's contracture

Ophthalmology: Cataracts, YAG laser and Oculoplastics

Plastic Surgery: Benign skin lesions

To get a referral to N2S: Please contact your GP or Optometrist to be referred.

St Stephens Gate Medical Practice, 55 Wessex Street, Norwich, Norfolk. NR2 2TJ
01603 974123 | n2surgical.co.uk | n2scontact@nhs.net



Thorpe Abbotts
Village Hall

£150,000 for community projects

Sixteen projects that will benefit the community have received a share of £150,000 from our Community Action Fund.

The panel met earlier this year to consider a range of large-scale projects from across the district.

Chair of the panel, Cllr Kim Carsok, said:

“There’s a real energy and desire from volunteers and community groups in South Norfolk to develop, improve and upgrade local facilities, which will have a direct impact on our residents’ physical and mental wellbeing. I’m pleased we could support so many projects and look forward to working alongside our volunteers to make South Norfolk an even better place to live.”

“Sadly, we could not fund all the applications, but our Communities Team will support unsuccessful applicants in sourcing other funding routes.”

The Council’s Community Action Fund grants are designed to work alongside

funding from other sources and organisations in order to enable the bigger projects to take shape.

The grants are also intended to help projects become self-sustaining so that they can be of benefit to the local communities not only now but for many years to come.

Smaller grants are also available from South Norfolk Council with each Councillor having £1,000 to help support projects in their ward.

Whether it’s getting a project off the ground, paying for sports equipment, or supporting activities for the elderly, the Council might be able to help. So, if you have a project that will improve the quality of life of local people, please get in touch.

Projects that were funded included:

Arminghall Village Hall: Final phase of refurbishment, bringing the ‘Tin Tabernacle’ community hall back into use — £6,000



Scan me

Bressingham and Fersfield Community Hall and Recreation Ground:

Purchase of new play equipment — £5,776.27

Cringleford Parish Council:

Purchase of sports equipment and scarifier, to support the new Diamond Centre and other sports facilities across the parish — £6,449.97

Hingham Playing Field Association:

Upgrade the existing 23-year-old playground at Hingham Sports Hall — £20,000

Thorpe Abbotts Village Hall:

Improve accessibility and safety of the village hall whilst taking steps to reduce running costs - £7,400

Tacolneston and Fornsett Recreation Association:

Creation of a fully accessible toilet within Tacolneston Village Hall to meet community demand — £11,000

For more information, please visit southnorfolkandbroadland.gov.uk/communities/community-funding/community-action-fund

Supporting Dawn’s New Horizon

Local charity, Dawn’s New Horizon, has received £15,000 from Broadland and South Norfolk District Councils to support victims of domestic abuse.

The funding, provided through our Pride in Place and Employability grants, will pay for a counsellor to support newly rehoused victims of domestic abuse across Broadland and South Norfolk.

Cabinet Member, Graham Minshull, said: “By working alongside the amazing Dawn’s New Horizon and our other partners, we can offer this much-needed home-based support, during what can be a very dangerous and highly stressful time.”

“Breaking free of domestic abuse is incredibly difficult and we want survivors to feel supported and safe, while ensuring that they can access all the services and resources they need, to regain autonomy of their lives.”

Dawn’s New Horizon has helped scores of people cope with the effects of domestic abuse, offering information and support over the phone, online and face to face.

Founder Dame Lorraine Curston said: “Our service is bespoke to the individual and their needs. We support and empower clients as they take back control of their life. This service has proven successful in the short time we have been

providing one-to-one sessions within the safety of the client’s home.

“Speaking with individuals, they have given feedback about the service, stating that ‘it’s been life changing’. They now have a greater understanding around relationships, boundaries, their self-worth and have a better idea of who they are and where they want to be in the future.”

Since 2022, Saffron Housing have recorded 190 addresses in Broadland and South Norfolk where a member of that household has experienced domestic abuse. In just two months (December 2023/ January 2024), Saffron was involved in providing advice and support to 18 tenants in the two districts.

Cllr Minshull added: “Unfortunately domestic abuse can happen to anyone. Please, if you, or anyone you know

is being affected by domestic abuse, seek help immediately.”

Anyone affected by Domestic Abuse is urged to contact Dawn’s New Horizon on 07854 044680, or ring Norfolk Integrated Domestic Abuse Service (NIDAS) on 03005 610555. People in immediate danger should call the police.

Residents of Broadland and South Norfolk can access the new counselling scheme by completing the Councils’ Help Hub Request for Support form. The Councils also offer a sanctuary scheme which helps survivors of domestic abuse stay in their own homes, close to their support networks.

For more information about all the help available, or to report domestic abuse, please visit our Help Hub pages; email helphub@southnorfolkandbroadland.gov.uk, or call 01508 533933.



DNH
dawns new horizon

Getting Creative with Pride in Place

Our Pride in Place grants are making a big impact on the lives of residents, bringing people together and fostering a sense of pride within the community.

Clear Company CIC received a grant to help transform Wymondham's Abbey Schoolroom into the Little Norfolk Shop & Studio — a creative space where artists and the community can come together to combat isolation and boost wellbeing.

Founder Julie Briggs, a mental health advocate, said: "Many people experiencing mental illness are quite isolated. We wanted to set up a safe, warm and welcoming space where people could come and try things out, share common interests and improve people's wellbeing."

The social enterprise team opened the Little Norfolk Shop & Studio in December 2023

after running several successful pop-up events.

Local councillors Kevin Hurn and Robert Savage contributed £1,000 of their Ward Grants to equip the kitchen with a fridge freezer, dishwasher and large freezer. This was crucial for the running of the popular café which serves visitors locally-produced bakes and drinks.

The Pride in Place Grant helped to transform the dated interiors with brand new flooring. "This made a huge difference to the feel of the place and allowed us to run our yoga sessions." Said Julie.

In addition to a new floor, volunteers decorated the building with artwork, bunting, books and more to create a relaxed and bohemian atmosphere, where people can feel comfortable and free to express themselves.

There are a wide variety of activities on offer at the Schoolroom including a silent reading group, a sound café, cocktail workshops, an antenatal group, a ukelele group, yoga and mindfulness sessions, as well as bingo, art sessions and creative family workshops. One of our Go For it Grants helped pay for Slow Down Sundays — wellbeing activities run by Norfolk Psychology.

Cabinet Member, Cllr Kim Carsok said:

"The amount and variation of activities on offer at the Schoolroom is fantastic. Julie and her team are breaking down social barriers and bringing people from all walks of life together. They are tackling isolation and building upon the strong sense of community and belonging in Wymondham. I'm proud to be able to say we have supported this exceptional project."

Plans are now in motion to open a shop on the lower floor of the building, selling local art work and produce.



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Help us crack down on fly-tipping

We would like to thank our residents who have already supported our new campaign to crack down on fly-tipping.

'Where's The Fly-tip', or WTF for short, is a campaign asking residents to report all incidents of fly-tipping that they witness and to send us any evidence



they have, including pictures, which might help identify the culprits.

The campaign has already proved successful with residents sending in reports and evidence of fly-tipping across the district.

To help us tackle what is a crime please follow the page facebook.com/WTFlytip/ and message the page with:

Where's The Fly-tip — to the best of your ability describe where the fly-tip has occurred.

What's the Fly-tip — send or upload a photo showing us, or briefly describe to us what has been fly-tipped.

WTF*

*Where's the Fly-tip?

Who's the Fly-tipper - let us know if you witnessed it happening, or if there could be clues as to who may have dumped it.

Householders are legally required to check that their waste will be disposed of correctly.

You must ask the person who is removing your waste where they intend to dispose of it, and you must also ask to see their waste carrier's license. If they're unable to provide one then, they may be disposing of your waste incorrectly and you could be held liable, and end up with a fixed penalty notice or even prosecution.

Recycle your tree and help a child

Every year East Anglia Children's Hospices run a Christmas tree recycling campaign. The charity encourages households in selected postcodes to register their Christmas tree and, in exchange for a donation, they will collect and recycle it. Last year the children's charity raised over £14,000 in Norfolk and is hoping, with your help, to build on that figure this year.

To find out if your postcode is covered please go to: just-helping.org.uk/register-tree



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*Please ask us regarding availability for the Affinity & Motability schemes. Subject to availability and further terms and conditions will apply. E&OE

Recycle better this Christmas

✓ Please do

Christmas cards and envelopes

Do recycle if made of paper.

Wrapping paper

Do remove all tags, bows, ribbons and Sellotape and try the 'scrunch test'. If it stays in a ball once scrunched it can go into your recycling bin.

Christmas crackers

Do separate your crackers out once you've used them. Any cardboard and paper can be recycled, if they don't have glitter or foil on them.

Food and takeaway plastic and foil containers

Do rinse any plastic food trays, pots, and foil containers, make sure they are dry and put them in your recycling bin.

Glass bottles for water, drinks and wine

Do rinse glass bottles and jars, make sure they are dry, put the lids on, and put them in your recycling bin.

Electrical items and batteries

Do take old electricals and batteries to a recycling centre or to shops that have a battery recycling point.

Old Christmas jumpers, textiles and shoes

Do put unwanted clothes or shoes in textile or shoe banks, or drop them off at your nearest recycling centre. Charity shops will be happy to receive clothes, shoes and textiles in good condition.

✗ Please don't

Don't recycle if covered in glitter or foil. Dispose of these in your rubbish bin.

Don't put it in recycling if it doesn't stay scrunched, pop it in your rubbish bin. If it's glittery or has foil on it, it can't be recycled.

Don't put other items in the recycling bin, such as plastics, ribbons, any foil or glittery card, these need to go in your rubbish bin.

Don't put dirty, food-stained containers in the recycling bin.

Don't put wine or drinking glasses, or broken glass into recycling. It should be carefully wrapped and placed in your rubbish bin or taken to your nearest recycling centre.

Don't put any electrical items or batteries in your rubbish or recycling bin. This can cause fires.

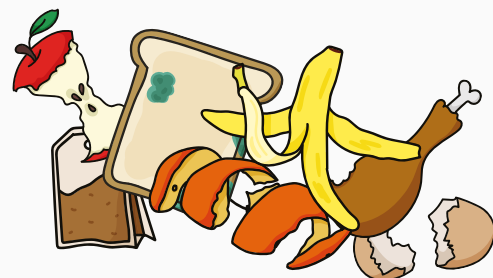
Don't put old clothes, shoes and textiles in your recycling bin.

We need your help

We are asking residents to fill out a survey to help us understand how you manage your food waste. The survey will only take 10 minutes and will help us plan our waste management services moving forward.

When completing the survey, you will also have an opportunity to enter a prize draw to win one of four £50 high street shopping vouchers.

Please scan the QR code to open the survey or use this link: essex.eu.qualtrics.com/jfe/form/SV_4O2xgmwPbhikmXA



Scan me

Litter pick

Our Big Litter Pick has once again proved a huge success with 20 local groups, clubs and associations winning £200 each to benefit their community.

Sixty litter picks took place involving around 1,000 volunteers from across the district. Over 750 bags of rubbish and recycling weighing a massive 5.3 tonnes were collected.

Councillor Keith Kiddie, Cabinet Member for the Environment said: "South Norfolk is one of the best and most beautiful places to live in the country and I was delighted to see so many people getting involved in our litter picks, to help keep it that way.

"I'd like to say a big thank you to everyone who took part. Our residents' hard work makes a real difference to our communities and I would like to congratulate all of our winners."

South Norfolk Council provided advice and the equipment needed for the litter picks and collected up the bags of rubbish and recycling.

All the names of all the community groups and schools that registered to take part were entered into a draw to win a share of the £4,000 prize fund. Twenty £200 prizes were up for grabs and every group that took part was given a £20 voucher to be spent on their group, charity or local community.

The winning groups are:

- 1st Wicklewold Guides
- Alburgh Parish Council
- Aldeby Parish Council
- Barnham Broom Parish Council
- Claxton Parish Council
- East Carleton Village
- Greening Wymondham
- Heywood Parish Council
- Ketteringham Village Hall
- Marlingford Parish Council
- Morningthorpe and Fritton Parish Council
- Shotesham Parish Council
- St Johns Ambulance
- St Mary's Church Newton Flotman
- Surlingham Parish Council
- Tasburgh Tidy Network
- The Pennoyer Centre Pulham St Mary
- Tivetshall Parish Council
- Winfarthing Parish Council
- Wreningham Parish Council

Our litter picking equipment is available all year round for communities to borrow.

So, if you would like to organise a litter pick visit: southnorfolkandbroadland.gov.uk



Scan me





Junior Leisure Membership For 13 to 18 year olds

Get your teenagers active with South Norfolk Leisure, From £19 a month!
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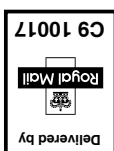
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