

# Welcome to the 5<sup>th</sup> edition of the Community Links Network Quarterly Update!

Thank you for reading this quarters edition of our update newsletter. We value your continued feedback and involvement – so please click <u>HERE</u> or scan the QR code below to let us know what you think we do well, and how we could be even better.



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- Reduced rate training Don't miss out!
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- Our Events
- > Community Group Toolkit
- > Communities Team Services
- > Final notes and a farewell from Emma



# Community Links Network Meeting November 6<sup>th</sup> 2025

During our latest Community Links session at The Horizon Business Centre we focussed on the challenges we face when protecting our environment, and how groups can take steps to become 'greener'.

We were pleased to welcome **Niamh Carpenter**, **Climate Change Officer**, who spoke to us about how the Environment Strategy Team here at South Norfolk and Broadland District Councils can work with alongside VCSE groups to support them in their ecofriendly efforts. From project ideas to advice on development, grant opportunities and workshops – support is out there! A big thank you to Niamh for sharing her expertise. Click <u>HERE</u> to see our delivery plans, or to contact the team, email: <a href="mailto:environmentalstrategy@southnorfolkandbroadland.gov.uk">environmentalstrategy@southnorfolkandbroadland.gov.uk</a>.

We must also thank Ian Graham from Rotary International for introducing us to the world of mass volunteering and support. Whether you have a cause that Rotary can support, want to donate to their efforts, or even sign up yourself as a member, click HERE to learn how, or email <a href="mailto:cds@rotarygbi.org">cds@rotarygbi.org</a>.

We'll be back at the Horizon Centre on Tuesday, February 3rd 2025, 16:30-18:30. Thank you to the 9 of you who have already signed up! In the meantime, stay up to date with events, grants, and giveaways through our private Facebook group, here: <a href="https://www.facebook.com">https://www.facebook.com</a>.

Thanks again to everyone who came along and contributed to such a positive and productive evening!

February Tickets available by clicking **HERE**.







# Christmas Toy Donation Appeal 2. 25

### **DEADLINE TO DONATE: November 30th 2025**

This year our annual Christmas Toy Appeal is back and bigger than ever! We are working hard to bring Christmas to children and families that may be experiencing financial hardship this festive season.

## **WE NEED YOU!**

We're collecting new, unwrapped toys and gifts for children and young people aged 0–18. **Not sure what to donate?** Please visit the FAQ section of the webpage to see our suggestions.

Unable to donate this year? Please support us in other ways, by sharing the appeal on your social media, refering vulnerable families in via our <u>Request For Support</u> form, or volunteer to help us collect, wrap and inventorise the gifts this winter.

#### How to donate?

Dedicated drop-in zones are located throughout Broadland and South Norfolk. To see a map and for the full details, please visit our <u>website</u>.

For further details on how this all works, and where you might be able to fit in, please visit the dedicated webpage by clicking <u>HERE</u>.





# 75% Off Training Courses



Yes - You read that correctly!

This is the last time we will be promoting this fantastic offer - **75% discount** on selected development courses at our training centre - as it is set to run out at the end of the year.

Please do not hesitate to sign up.

The courses included in the offer are displayed below and further details can be found <a href="here">here</a>. Please note that course tutors can tailor content for those attending.

Training sessions are available to volunteers within organisations that support residents of South Norfolk and Broadland. Up to 2 people per organisation can sign onto any of the courses listed below. Spaces are limited. First come, first served.

Please email <u>Communities@southnorfolkandbroadland.gov.uk</u> to receive your discount code and book your place!





# Grants

# There's no shortage of funding opportunities out there - but finding the right ones can take time.

We've pulled together a few current grants that may be relevant to your group, including some with upcoming deadlines. This list is fairly broad, so if you'd like help finding something more tailored to your needs, just get in touch - we're happy to help.

### Community Hub Seed Corn Grants

#### Max Value - £5,000 - Deadline - 28/11/2025

Grants are available to support early-stage, exploratory projects that spark new ideas and approaches to community engagement with heritage.

### Norfolk Offshore Wind Farms Community fund

## Max Value - £10,000 - Deadline EXTENDED - 13/11/2025

Empowering communities to grow greener by supporting the projects and places that build nature connection and climate resilience.

#### Skills and Learning grant

### Max Value - £5,000 - Deadline - Rolling

Interested in initiatives that show a strong understanding of existing local services, complement current services, address unmet needs, and collaborate with others to create lasting impact. Projects supporting diverse, marginalised, unrepresented or vulnerable groups are particularly encouraged. For example, food education and Community digital support.

### <u>Family hubs Community Fund – Norfolk County Council</u>

#### Max Value - £10,000 - Deadline - N/A

The Family Hubs Community Fund is designed to support local communities in Norfolk by providing grants to organisations, individuals and community groups who support families with children from conception to 19 years old (25 with SEND).

For more personalised grants, please contact the team. We have access to a website called GrantFinder, and will be able to search a large pool of available grants, loans and bursaries for you.



# Interesting Reads

#### Got your finger on the pulse?

Here at SNBDC we have monthly Horizon Scanning documents to help us keep up to date with important legislation and bills, both locally and nationally. Below are a few that we have cherry picked for you, that we think are interesting.

#### Supporting Volunteers' A guide for local groups

Over the last few months members of Norfolk & Waveney Vision for Volunteering have been meeting to address what best practice looks like, and how organisations may need to change their ways of recruiting and recognising volunteers.

#### Building a new relationship between people and the state

A report by The Future Governance Forum and Local Trust, proposes a framework for delivering a new relationship between people and the state to enable the delivery of the national missions, rooted in power, outcomes and participation. The report recommends the government builds on its new £5bn 'Pride in Place' programme and other neighbourhood policies by: (1) Enhancing the powers and duties of Local Growth Plans to ensure economic growth is felt in the UK's 1,315 doubly disadvantaged neighbourhoods, (2) Making it easier to establish Parish Councils, (3) Establishing a network of partners to support the UK's doubly disadvantaged neighbourhoods to build their own social infrastructure, (4) Offering unrestricted small grants for resident-led change in these neighbourhoods and (5) Make participatory processes a requirement of all funds being invested in social infrastructure.

### Pub is the Hub: Social Value

An evaluation report that measures the social values delivered by individual publicans and their pubs helping to provide a range of vital services and activities in their local community areas. The report finds that for every £1 invested in pub-based services and activities, an average of £8.28 in social value is generated.

#### **Exercising our Rights**

A report by the *Centre for Mental Health* found that people living with severe mental illness have a 15–20-year shorter life expectancy than those without, largely due to poor physical health. It has outlined that offering support to carers and involving people with mental health difficulties in service design was crucial to overcoming barriers and has called on councils to ensure their fitness and exercise services are equally accessible to people living with a mental illness.

Also: <u>Dr Sarah Hanson's Review of Nourishing Norfolk Network Food</u> hubs and Social Supermarkets.

Young people living in deprived coastal areas have worst health



# **Our Community Funding**

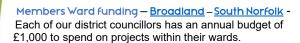
We have several internal opportunities for funding, with the current available options listed below. Throughout the financial year, these can be subject to change, so it's worth keeping an eye on the main funding page linked above, so you don't miss any opportunities.

Get It Started Grant (Broadland)- Funding for individuals or groups to start projects or activities that bring communities together.

Go For It Grant (South Norfolk) - Funding for individuals or groups to start projects or activities that bring communities together.

<u>Keep It Going Grant</u> - Funding for community groups facing increa sed expenditure due to rising costs.

Play Streets Grant - The grant offers up to £75 to communities who wish to take part in the Play Streets initiative.



Community Grant Scheme (Broadland) – Deadline 31/08/2025 - Funding of between £1000 and £15,000 to support communities working together to enhance the life of local people.

<u>Broadland's Community at Heart Lottery</u> - Our weekly online lottery helps non-profit associations or charities raise funds year-round at no cost.

<u>Homes for Ukraine Community Support Grant</u> - Supporting activities that help address the needs of Ukrainian refugees.

Marketing support - We must remind you that our visitors from CLN in January, VSCE marketing gurus - Creativity Unbound — are working in partnership with Norfolk Community Foundation to offer community groups a free, 45-minute session. They are the powerhouses behind some fantastic branding, such as The Hamlet and LGBTQ+ Project, so please don't hesitate to contact them if you need support with your marketing, messaging, or outreach.



# Our Events: Community Awards

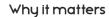
Our Community Awards recognise and celebrate the incredible individuals across our districts who go above and beyond to support others, strengthen communities, and make a real difference.

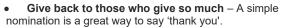


Take a look <u>HERE</u>, at this year's deserving winners in Broadland, and <u>HERE</u> for South Norfolk.

Interested in sponsoring one of our awards? The £600 (per category) cost pays for yours and the group's attendance on the night, as well as £250 for them to donate to whichever VCSE group they wish. You would of course also be invited to judge the nominations for that category, and to announce and congratulate the winner on the evening. Interested? Email us!







- Raise awareness Help highlight the amazing work happening in our community.
- Celebrate together Shortlisted nominees will be invited to a special awards evening, where their hard work can be recognised in front of family, friends, and community leaders.

**NOMINATE!** : For South Norfolk, nominate <u>HERE</u>. Broadland nominations open soon – so keep an eye out on the website by clicking <u>HERE</u>.

Encourage others to back you, share your story, and celebrate the impact you're making.







# Our Events: 1. k races

Our 10K events offer a fresh way to experience your district, while supporting local services. Every penny raised goes towards valued local services (like the Community Links Network!) and the Chairman's chosen charity.

### ★ South Norfolk – EAMA 10K

Sunday 16th November 2025 | Wymondham | Sponsored by East Anglian Motor Auctions

Now in its 7th year, this one-lap route from Lady's Lane through to Morley offers a steady, well-marked course ideal for both seasoned runners and newcomers.

Find our more: HERE!

### Broadland – Marriott's Way 10K

# Sunday 20th September 2026 | Aylsham to Reepham

This beautiful, scenic, flat route is mostly off-road, along the old railway line. Perfect for trail lovers and first-timers alike.

Tickets sold out in 4 weeks last year - don't miss out, Book your place <u>HERE!</u>



# We need volunteers!

Our 10K events wouldn't be possible without the amazing volunteers who help bring the day to life. From marshalling to cheering on runners, it's a great way to get involved and soak up the atmosphere.

(Roles can vary from water station and car park management, to running marshal or even lead cyclist!)

Please email <a href="mailto:communities@southnorfolkandbroadland.gov.uk">communities@southnorfolkandbroadland.gov.uk</a> to register your interest.





# Community Group Toolkit



As always, our community group toolkit is free to view and download <u>HERE</u>. It provides support for the most common issues faced by VCSE groups. It is great for those of you getting started and can provide useful reminders tips for more well-established organisations.



# Communities Team Services

Our South Norfolk and Broadland Council Communities Team offers a wide range of services and projects. Below, you'll find brief descriptions of some of these services with direct links for more information. You can also explore the full range of services <a href="here.">here.</a>

### **Active Now**

A simplified referral pathway for health professionals to help patients become more physically active. For those doing less than 30 mins of exercise a week or living with long-term conditions, it's part of a coordinated approach to improving health through movement.

## Tots2Teens

Holiday activities for 5–16year-olds, running inclusive
sessions for children with
and without SEND.
Discounts are available for
families on means-tested
benefits living in Broadland
and may be able to access
free sessions through Big
Norfolk Holiday Fun during
main school holidays.

## Yours Sincerely

A free bi-monthly newsletter offering friendly, postal contact for residents who'd like more connection. Includes wellbeing tips, local updates, support info, and light-hearted content like quizzes.

### <u>Community at Heart</u> <u>Lottery</u>

Broadland District Council's Community at Heart Lottery is a weekly online lottery created to support local good causes across the district.

# Better Off Calculator

A simple tool to check what financial support you may be entitled to - including help you might not know about.

# Mindful Towns and Villages

Local areas where trained Wellbeing Champions offer safe, supportive spaces to talk about mental health. These community members complete awareness training and help signpost to further support.



# Get help



Everybody needs a bit of extra support from time to time and the Help Hub makes sure people get what they need as soon as possible. Please share our services with people in your communities.

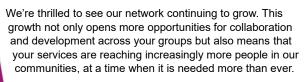
To get help with any of these issues, or with any other problems:

- Complete a request for support form
- Or, If you live in Broadland call 01603 430431 or email <u>helphub@southnorfolkandbroadland.gov.uk</u>
- If you live in South Norfolk call 01508 533933 or email <u>helphub@southnorfolkandbroadland.gov.uk</u>

Our telephone lines are open **Monday to Friday from 8:15am until 10pm** (excluding bank holidays). Emails will be monitored within office hours of Monday to Friday 8am until 5pm (excluding bank holidays).



# Final Notes



As our network grows, so too does the number of enquiries we receive. While we're committed to supporting you as quickly as possible, there may occasionally be a short delay in our response. We really appreciate your patience and understanding. Please rest assured we're working hard behind the scenes to help, even if it takes us a little longer to get back to you.

Emma here, as Friday 7<sup>th</sup> November is my last day in the team, I would like to sincerely thank the members of The Community Links Network for taking the time to be present in your communities and to learn from those around you.

The voluntary work that I have seen across both districts in the past year has blown me away time and time again – and is certainly something to be proud of during what can often feel like difficult times.

I will still be living and working in Norfolk and look forward to visiting you all soon. If you think your organisation could benefit from some advice around working with young people with SEND needs – or would like to professionally engage with the SEND Youth Forum - I look forward to hearing from you via SENDIASS  $\stackrel{\hookrightarrow}{\Longrightarrow}$ 

I wish the best to Lauren and the team for the future of CLN; I hope one day to return as an audience member!

Best wishes as always, - Emma.

Emma & Lauren

# Who do I email?

To contact us directly for any queries or assistance with community groups and organisations, please contact: <a href="mailto:communitycapacity@southnorfolkandbroadland.gov.uk">communities@southnorfolkandbroadland.gov.uk</a>. For general communities enquiries please contact: <a href="mailto:communities@southnorfolkandbroadland.gov.uk">communities@southnorfolkandbroadland.gov.uk</a>. Don't forget to join our <a href="mailto:Facebook page">Facebook page</a> for regular updates.

# Thank you,

