

Community Links Network

Quarterly Update

February 2025

Welcome to the 3rd edition of the Community Links Network Quarterly Update.

The purpose of this document is to keep you informed with the latest and most relevant information, while also highlighting groups to help promote your hard work.

As with our meetings, we value your feedback and will continue to tailor our content to best meet your needs

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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 [here](#).

[Active Now](#)

Health and care professionals working with patients who could benefit from being more physically active now have a consistent, simplified way to refer patients into physical activity through Active NoW.

Active NoW is the Norfolk and Waveney Integrated Care System's (NWICS) coordinated approach to improving physical activity levels for residents who could most benefit from being more active. This includes inactive patients who do less than 30 minutes of moderate-intensity exercise each week, as well as patients living with a long-term health condition (LTC) whose condition could be managed or improved by being more active.

[Tots2Teens](#)

For over 30 years, we have run Broadland-based holiday activities for children aged 5-16 during all school holidays. Great effort has been put in to offer a wide range of activities suitable for a wide age range of children, including those with additional needs.

[Yours Sincerely](#)

Yours Sincerely is a free bi-monthly newsletter available for all residents in Broadland and South Norfolk who feel they would like additional contact, offering friendly and regular contact posted directly to recipients' addresses. Examples of content include suggestions for health and well-being, relevant news updates, how to seek support, friendly chat, recipes and quizzes.

[Community at Heart Lottery](#)

Broadland District Council's Community at Heart Lottery is a weekly online lottery created to support local good causes across the district. If you are a Broadland-based club, non-profit association or charity looking for a reliable and free way to raise funds, this is a great opportunity.

[Better Off Calculator](#)

Our simple, friendly online calculator is designed to reveal the financial support you might not have known you are entitled to. The calculator now has a new 'apply now' feature, for two new grants of up to £2,000 to help people with energy debt or who are struggling with their energy bills.



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.

The Help Hub can assist with all of the below issues and much, much more:

- Money worries and debt
- Household Support Fund
- Benefits
- Relationships and domestic abuse
- Help in your community
- Wellbeing and health
- Refugee support
- Carers support
- Bereavement support
- Bullying and cyberbullying
- Employment and training
- Housing
- Handyperson Service
- Families and children

Get help

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 helphub@southnorfolkandbroadland.gov.uk
- If you live in South Norfolk call 01508 533933 or email helphub@southnorfolkandbroadland.gov.uk

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).

Community Links Network Meeting

28th January 2025

Location: Horizon Centre – South Norfolk and Broadland District Council

Council Staff Attendees: Lauren Harris, Kate Squires, Emma Henry, Emma Haughton, Olivia King and Emily Ruff.

We were thrilled to have our highest number of attendees to date, with representatives from across the districts and a diverse range of initiatives. Thank you to everyone who took the time to attend.

We recognise that there wasn't as much time for networking as we had hoped, and we will be allocating more time for this in the future.

Please see below for a brief summary of the events.



Special guests, [Creativity Unbound](#)

We were grateful to receive an informative presentation and engaging workshop from the co-founders of Creativity Unbound, Michelle and Nikki. Their company is a creative marketing agency specialising in charities and good causes. They have worked with notable Norfolk names such as the LGBTQ+ Project, The Hamlet Centre, and GirlGuiding Anglia.

In a world where spreading the message is key, considering new approaches to branding and purpose was invaluable. We constantly encourage groups to be more active on social media, and Michelle and Nikki supported this message with accessible, real-world examples that made it all feel more achievable.

Creativity Unbound are working with the Norfolk Community Foundation to offer community groups and organisations a free, 45-minute introductory session. Please don't hesitate to contact them if you need support with your marketing, messaging, and outreach. We are pleased to know that multiple groups have already utilised this offer as a result of attending our session. Book your slot [HERE](#).

We were also fortunate to receive an in-depth update from Rowena of The Benjamin Foundation and our very own Emma Haughton from the Mindful Towns and Villages Project. More information about their work and how to contact them can be found in the last quarterly update [HERE](#).

Our next session will be April 3rd, 2025 here at the Horizon building from 16:30-18:30. Keep an eye out for tickets soon...

Grants

You will already be aware that there are numerous grants available out there. We've selected a few to share with you, some of which have upcoming deadlines. This selection is quite general, so if you would like us to conduct a more tailored search for your needs, please get in touch.

The Royal Countryside Fund - Supporting Rural Communities Programme

Max Value - £25,000 – Deadline – 21/02/25

Grants are available to constituted not-for-profit and community-led organisations operating in remote rural areas for projects that improve the lives of those living in isolated rural communities in the UK.

Love Norfolk – Norfolk Community Foundation

Max Value - £5,000 – Deadline – 06/03/2025

Grants are available to support a range of community activities and projects that benefit people and communities across Norfolk.

Tackling Food Surplus at the Farm Gate Grant

Max Value – Starts at £20,000 – Deadline – 13/03/2025

Grants are available for food redistribution charities and other not-for-profit organisations in England for projects that take surplus food off farms and into the redistribution system with the aim of helping to fight hunger in communities in England.

Postcode Places Trust – East of England

Max Value - £25,000 – Deadline – 31/03/2025

Unrestricted grants are available for smaller charities and good causes in the east of England.

[Mick George Community Fund](#)

Max Value - £30,000 – Deadline – 05/03/2025

Grants are available to voluntary and community organisations for community projects in proximity to a Mick George Landfill site across the East Midlands and Anglian regions.

[Charles Littlewood Hill Trust](#)

Max Value – N/A – Deadline – 20/05/2025

Grants are available for charitable organisations carrying out social welfare or community activities in Nottinghamshire or Norfolk.

[Norfolk County Council Arts Project Fund](#)

Max Value - £500 – Deadline – 31/05/2025

Grants are available for voluntary organisations and community groups to develop and promote a wide range of arts activities and events throughout Norfolk County.

[Red Hill Trust](#)

Max Value – Discretionary – Deadline – N/A

Grants are available for organisations across South-East England to deliver a variety of educational projects and activities that benefit children and young people with social, emotional, and mental health difficulties.

[Subs for Clubs | Norfolk Community Foundation](#)

Max Value - £1,000 - Deadline – N/A

Grants are available to help young people most affected by the cost-of-living rises to continue to participate in out-of-school activities like sport, art, and uniformed activities.

Saracen's Norfolk Fund – Norfolk Community Foundation

Max Value - £5,000 - Deadline – N/A

The Fund aims to maintain and strengthen Charity, Faith organisation, Parish/Town Council, Social Enterprise/CIC, and Voluntary/Community Group based projects that are working within deprived communities and supporting vulnerable people within South Norfolk.

HornSea 3 - Main Community Fund

Max Value - £75,000 – Deadline – 04/06/2025

Grants for a range of community projects to benefit residents living in the coastal and cable route areas of east Suffolk and Norfolk.

Pennycress Trust

Max Value - £500 – Deadline – N/A

Grants are available for small charitable organisations carrying out social welfare activities in Cheshire or Norfolk. Contact us for more details.

Paul Bassham Charitable Trust

Max Value – Discretionary – Deadline – N/A

Grants are available for charitable organisations undertaking a variety of social welfare or community activities in Norfolk. Contact us for more details.

Community Funding

We have several internal opportunities for funding within our local communities which are listed below. Click on the above link to find out more.

Sports Champion Grants – Currently closed and will reopen in April 2025

Supporting athletes who are performing at a high standard and looking to fund further training, coaching, physiotherapy, equipment, or competitions.

Community Coach Development Bursary – Limited availability

Supporting Coaches looking to undertake further training.

Members Ward funding – Limited availability

Each of our district councillors has an annual budget of £1,000 to spend on projects within their wards.

Community Grant Scheme (Broadland) – Applications reopen in April

Funding of between £1000 and £15,000 to support communities working together to enhance the life of local people.

Community Action Fund (South Norfolk) - Applications reopen in April

Funding to support communities working together to enhance the life of local people.

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

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.

Keep It Going Grant - Funding for community groups facing increased expenditure due to rising costs.

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

Play Streets Grant - Funding to support neighbour-led 'playing out' sessions for children to play freely and safely.

Community Infrastructure Fund Programme - Funding to support parish and town councils to deliver key infrastructure projects.



Registered Charity Number: 1163163

Key Information

Dementia Adventure is an award-winning charity promoting active, fulfilling lives for those with dementia.

Founded 15 years ago by Neil and Lucy, who supported their family members with dementia, the charity recognises the rapid life contraction post-diagnosis.

With around 900,000 people in the UK living with dementia, projected to rise to 1.6 million by 2040, they emphasise the health benefits of nature and outdoor activities, proving that with support, life can be less limited.



Summary of Activities

Carer Support for family & friends: 'Understanding Dementia Better' and 'Mood and Motivation' are free, online sessions for family and friends supporting someone with dementia at home. Click [HERE](#) to access practical hints and tips.

Supported holidays: Dementia Adventure offers fully supported dementia holidays, understanding the needs of those with dementia and their carers. The holidays are not only for the benefit of the individual with dementia, but offers respite for their carer. Each year, they take a total of over 300 guests to destinations like Cupar, Lake District, North Yorkshire, and more. **Funding support is available on a case-by-case basis and is not means tested, please ask.** Learn more: [HERE](#).

Supported Days Out (Green Letter Days): For those who might find a holiday too much, they now have supported days out. Last year they visited Lords Cricket Ground, this year they are looking at other sporting events and outdoor excursions. Learn more [HERE](#).

Training for Professionals: Dementia Adventure is a sector leader in working with organisations in blue, green, health, and care sectors. Their team of qualified and experienced consultants deliver a range of training support, to encourage more people to promote regular outdoor experiences to those with dementia. Learn more [HERE](#).

Research: As a research-led charity, their work is rooted in the latest evidence. They also support other organisations through funding proposals and project ideas, and by sharing relevant research or written resources. Learn more [HERE](#).

Volunteers: They rely on volunteers to help deliver their fantastic service, and currently boast over 135 volunteers across Holiday Supporters, Travel Buddies, Community Connectors, Vehicle volunteers, and much much more. Learn more [HERE](#).

Interested? please call them on 01245 237548, or contact them via <https://dementiaadventure.org/about/contact-us/> for more information

Group Spotlight

St Faiths community volunteer group.

‘Together We Shine - Together We Support - Together We Succeed.’

Key information

What started in July 2024 with clearing an overgrown path has grown into a movement, a team dedicated to preserving and enhancing the village’s green spaces, woodlands and streams.



St Faiths community volunteer group are more than maintenance, they’re about connection, teamwork and pride in their community. With 12 passionate members to date, they support the St Faiths Centre, the Parish Council and key community spaces through gardening, site upkeep, litter picking and community involvement.

At their core, they’re more than volunteers, they are a community. They build friendships, share laughter and unite with purpose. Their ‘How Can We...?’ mindset keeps every volunteer day welcoming, fulfilling and fuelled by delicious home-cooked delights.

Their volunteers gain purpose, friendships and wellbeing through teamwork and time in nature.

Summary of activities

- The village’s green spaces thrive, remaining welcoming and well cared for.
- A beautiful, well-maintained village fosters pride, belonging and community spirit.
- Businesses and supporters strengthen their ties to the community, enhancing their impact.

With your help, they can reach more spaces, involve more people, and create lasting change.

‘Beautiful people making a beautiful place to live’ – Matthew Stevenson

Interested? Support them and be in with a chance of winning BIG by buying a Community at Heart Lottery ticket [HERE](#).

If you want to know more, contact Fiona via email at figull@talktalk.net



Group Spotlight

St Peters Church, Haveringland



Key Information

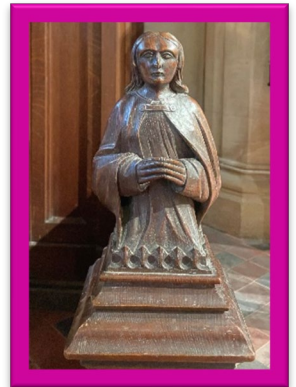
Haveringland Church in rural Broadland is reopening its doors after an extensive amount of refurbishment. By managing to raise an impressive half a million pound through over 30 investors - Broadland District Council included – The church now boasts underfloor heating, fully accessible toilets and kitchen areas, alongside important heritage protection such as maintenance to the Norman round tower and Victorian stained glass windows.

Summary of Activities

On top of this, they have planned a schedule of free and low-cost events to encourage visitors to the site, from coffee mornings to summer fetes. They have a fully interactive digital heritage hub and a wealth of local knowledge to share. The church is surrounded by Hillside Animal Sanctuary, and truly is a sight to behold.

The church is also the starting point for the highly anticipated 'Ten Towers Walk', which covers 15 miles and displays some of the best churches that Norfolk has to offer. See the route [HERE](#), or pick up a physical copy for free from Haveringland Church.

Interested? Keep in touch with upcoming events [HERE](#) or contact Nigel on nbold@live.com who is keen to arrange visits and / or hire for groups, schools and businesses.



Women's Safety Charter

We want to create an environment across Broadland and South Norfolk where women and girls feel confident that their safety is prioritised.

To do this, South Norfolk and Broadland District Council are creating Women's Safety Charters aimed at reducing Violence Against Women and Girls (VAWG) across the districts.

The charter is being developed in collaboration with an external body and will focus on highlighting key areas where input is needed to nurture a culture of safety.

The questionnaire stage of the project has now closed, however they still need public input to make sure that this is done right.

If you have any questions about this, contact womensafetycharter@southnorfolkandbroadland.gov.uk.

Have your say

If you'd be interested in being part of one of our focus groups and thus helping us with the formation of the charter, please fill in our simple form by clicking [HERE](#).



[Movement for Good](#)

**Do you want to be in with the chance of receiving
an award of £1,000 for your good cause?**



The **Movement for Good Awards** is The Benefact Group's annual programme of giving that anyone can get involved in, and again this year they'll be donating over £1 million to charities and good causes.

Between now and 16th December 2025, anyone can nominate their favourite good cause to be awarded £1,000. Once nominated, the good cause remains in all of the six draws held over the course of this period. So the earlier the better!

On their website there is a huge amount of information, including resources about how to promote your group so people nominate you.

Click [HERE](#) for all the information on how it works
and getting involved.

Survey Request

Community Action Norfolk are supporting The Norfolk and Waveney Integrated Care Board develop a better understanding of the services the VCSE Sector delivers and the factors affecting their delivery, with the aim of making this sector **stronger**.

Click [HERE](#) to complete the survey. You have 7 days from today (17.02.2025) to have your voice heard!



Community Action Norfolk (CAN) is exploring the support landscape in West and North Norfolk through a survey and workshops.

The survey aims to enhance understanding of the strengths, challenges, and opportunities within the Voluntary, Community, and Social Enterprise (VCSE) Sector.

The survey results will be used to:

- Create a detailed overview of VCSE Sector services.
- Identify gaps to guide future priorities.
- Inform stakeholders about the sector's work, challenges, and opportunities.
- Strengthen the VCSE Sector in West and North Norfolk.



**This survey will close on
Monday 24th February 2025**

Community Group Toolkit

As always, our community group toolkit is free to view and download [HERE](#). Created last year, it provides up-to-date support for the most common issues faced by groups such as yourselves. It is great for those of you getting started and can provide useful reminders tips for well-established organisations. We will be revising the kit later this year to ensure that it continues to reflect the current climate.



Community Awards

We want to celebrate the unsung heroes of your community

Do you know someone who goes the extra mile to help others? A dedicated volunteer, an inspiring young person, or a local organisation making a real difference to your community?

These awards celebrate the extraordinary individuals and groups who give their time, energy, and passion to make our districts a better place to live, work, and visit. This could be through organising community events, supporting vulnerable people, or helping to protect the environment.



Each shortlisted nominee will be invited to Bawburgh Golf Club (South Norfolk) or The Royal Norwich Golf Club (Broadland) for an evening of food, drinks, networking and fun. With winners being recognised with a certificate, a trophy, and £250 to donate to a fellow good cause.

To nominate or find out about all the details including the award categories, why you should nominate and common FAQs, click on the below links:

[South Norfolk Community Awards](#)

[Broadland Community at Heart Awards](#)

Need some inspiration?, click [HERE](#) to see some of last year's winners for South Norfolk, and [HERE](#) to see some from Broadland.

Please share far and wide with your communities!

Final Notes



After joining the team late last year, Emma is now fully settled and is thoroughly enjoying her time in the team, supporting local groups and working alongside Lauren to tackle their issues.

At the moment, we have a combined 60 hours a week to cover groups across both South Norfolk and Broadland. Please bear with us if there is a slight delay in getting back to you, rest assured we are working hard to help!

← Emma ← and → Lauren →



To contact us directly for any queries or assistance with community groups and organisations, please contact : communitycapacity@southnorfolkandbroadland.gov.uk

Don't forget to join our [Community Links Network Facebook page](#) for regular updates from ourselves and other local groups.

There is so much more our wider Communities Team can assist you with. For general communities enquiries please contact : communities@southnorfolkandbroadland.gov.uk

Feedback is important to us. Please consider taking 3 minutes to tell us about what you enjoy about our sessions, and how we could make them even better. We find this incredibly valuable when assessing our work and planning for the future. Click [HERE](#) on a computer or mobile device to answer a few questions about your experience with us.

If you are interested in featuring in a future **Quarterly Update** or would like to present at a Community Links Network meeting, please let us know.

Thank you.

Next Community Links Network Meeting :

Thursday 3rd April 2025

16:30-18:30

Horizon Business Centre, Peachman Way, NR7 0WF

More details to follow soon.