

Community Links Network

Quarterly Update

November 2024

Welcome to the 2nd edition of the Community Links Network Quarterly Update.

The aim of creating this document is to keep you updated with the most relevant and current information, as well as featuring groups so we can assist you in promoting your hard work. Just like with our meetings, we appreciate your feedback and we will continue to adapt what we deliver to best suit your needs.

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Communities Team Services

We offer a variety of services and projects within the South Norfolk and Broadland District Councils Communities Team. Below is a brief description of some of the services we offer with direct links for more information, or you can access the full range of services [here](#).

[Broadly Active](#)

Broadly Active is a programme of subsidised exercise that is accessed by prescription from a doctor, nurse, physiotherapist, or pharmacist. This programme can help people take some simple steps enabling them to live a happier, healthier lifestyle.

[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 children, young people over 12, and those with additional needs. Work is already underway to secure exciting and educational sessions for the December 2024 school holidays. Bookings for these sessions will go live in November, and most notably children are ***no longer required to live or attend school in the Broadland Area***. Everybody is welcome!

[Yours Sincerely](#)

Yours Sincerely is a free 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.



This November, The Help Hub celebrates its 10th birthday!

Please continue to share the work of our fantastic service by promoting the Help Hub to your communities. 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.

The Help Hub can assist with all the below issues and 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
- COVID-19 and self-isolation

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

9th October 2024

Location

Horizon Centre – South Norfolk and Broadland Council

Council Staff Attendees

- Lauren Harris
- Georgie Fuhri
- Emma Henry

Opener and Introduction

- Attendees were welcomed and introduced, including our newest team member Emma Henry, who joins us as a Community Capacity Officer.

East Anglian Air ambulance – CPR / AED training

- Many thanks to East Anglian Air Ambulance for joining to provide a fantastic session of CPR and AED training. It was incredibly useful, and the feedback was fantastic. They made it very clear that they are keen to train out to as many people as possible, so if you would like to organise training to your own groups and organisations, please get in touch with them. [CPR training - East Anglian Air Ambulance](#)
- East Anglian Air Ambulance state ‘*The out-of-hospital cardiac arrest survival rate in the UK is around 8% if only resuscitation/CPR is attempted. However, if a defibrillator is used alongside effective CPR within the first 3-5 minutes, the **chances of survival can increase to between 40% – 70%.***’ Therefore having access to a defibrillator is so important.
- Fortunately, there are many funding options available to support the installation and maintenance of AEDs, some of which we detail below:
- **British Heart Foundation Community Group Defibrillator funding** - For 24hr public areas further than 200m from another AED device. Applications closing by 28/02/2025 : www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community
- **AED Donate** - £400+ towards the cost of installation and ongoing maintenance and monitoring plus free online training : www.aeddonate.org.uk/apply-for-funding or call : **01785 472224**.
- **Department of Health and Social Care Defib Grant** A match funded grant to increase devices available in public spaces (not suitable for schools) : www.defibgrant.co.uk

- The Circuit - www.thecircuit.uk**

A group of people are participating in a first aid training session in a room with a large screen displaying a circular diagram of first aid steps. The diagram includes steps like 'Check for danger', 'Check for responsiveness', 'Check for breathing', 'Call for help', 'Provide first aid', and 'Reassess the situation'. The participants are practicing on mannequins, and some are standing and observing. The room has a white wall, a clock, and a door in the background.

The timing of these meetings has been an ongoing topic of conversation, and a few different suggestions were put forward during this meeting. This has been taken into consideration and the next meeting will be trialled at an earlier time, in the hope to accommodate more people.



Community
Links
Network

Grants

You will likely know that there is a vast amount of grants available out there and we have selected just a few of them to share with you which have a deadline coming up. This selection is quite generalised and if you would like us to do a more tailored search for you, please get in touch.

[Nature Hubs Fund](#)

Max Value - £6,000 - Deadline – 29/11/2024

Funding is available to eligible groups that want to create or enhance a green space. Project locations must be within 5km of a Starbucks store and have a space that's regularly accessible to the public.

[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.

[Norfolk Offshore Wind Zone Community Fund](#)

Max Value - £10,000 - Deadline – NA

This new fund offers support of up to **£10,000** to communities across Rural Norfolk. Empowering local communities to grow greener by focussing on grassroots projects to explore key challenges identified by communities.

[Sacarens Norfolk Fund](#)

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.

[Screwfix Foundation](#)

Max Value - £5,000 - Deadline – 10/11/2024

Grants are available to UK registered charities and not-for-profit organisations for projects that improve, fix, and repair buildings, homes and facilities specifically used by people in need across the UK.

[HornSea 3 - Main Community Fund](#)

Max Value - £75,000 – Deadline – 27/11/2024

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

[Cash4Clubs 2024](#)

Max Value – £2,000 – Deadline – 12/11/2024

Unrestricted grants are available for community and voluntary sports groups across the UK and Ireland, delivering activities for a social purpose to under-represented communities.

[Asda Foundation - Empowering Local Communities Grant](#)

Max Value - £2,000 – Deadline - 08/11/2024

Grants are available to community groups in the UK to support a broad range of activities which can contribute towards transforming their community and improving the lives of people in their community.

[Comic Relief Community Fund for England](#)

Max Value - £5,000 – Deadline - 08/11/2024

Grants are available for grassroots, community-led organisations in England to help support the delivery of services and activity that benefit local communities.

[B&Q Foundation Grants](#)

Max Value - £10,000 – Deadline – 15/11/2024

One-off grants are available to UK registered charities for projects that improve homes and communities spaces for those who are experiencing homelessness, in financial hardship, impacted by health, disability or other disadvantage or distress.

[Branching Out Fund - Tree council](#)

Max Value - £2,500 - Deadline – 01/12/2024

Grants for schools, constituted community groups and charities, community interest companies, Tree Warden networks, and other organisations across the UK to deliver tree-planting projects during the 2024/25 Winter planting season (between the end of November 2024 and early February 2025).

Community Funding

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

Broadland Grants

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

Community Coach Development Bursary - Supporting Coaches looking to undertake further training.

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

Community Grant Scheme - Funding of between £1000 and £15,000 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 - 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.

South Norfolk Grants

Go For It Grant - 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.

Community Action Fund - Funding to support communities working together to enhance the life of local people.

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Community Coach Development Bursary - Supporting coaches looking to undertake further training.

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

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.

Hornsea 3 Community Fund - Community funding for coastal and cable route communities in Norfolk & Suffolk.

[Electric Vehicle Chargepoints and Solar PV Grants](#) - South Norfolk Council has created the EVCP and Solar PV Grant, with funding from the UK Shared Prosperity Fund. The grant has two overall objectives:

- Increasing the provision of public electric vehicle charging points across South Norfolk, to encourage the uptake of electric vehicles, across both the urban and rural areas of the district.
- Enable Town and Parish Councils and community groups to provide EVCP infrastructure to residents whilst providing their usual services, by reducing electricity costs through the provision of solar PV.

The grant is currently available to all South Norfolk Parish and Town Councils, and community groups.

Group Spotlight

The Benjamin Foundation

Key Information

What once started as a small youth outreach project in North Norfolk, The Benjamin Foundation has grown into one of East Anglia's largest charities. They aim to support children, young people, families, and young carers across Norfolk and Suffolk by offering them mental health, youth, family and housing support services and childcare in a variety of ways. They strive to understand people's needs and further inspire hope, create opportunity and build stability into their journey towards independence. This winter, they are running a Gift Appeal for those in need at Christmas time. See more information [here](#).



Summary of Activities

They run multiple groups and residential trips throughout the year, encouraging young carers to meet other young people, learn something new, have fun, talk through any issues they might be experiencing, and to take a break from their caring responsibilities. They also run multiple reuse shops across the districts (Norwich, Dereham, Kings Lynn, Holt, Ipswich, Lowestoft and Bury), accepting donations of furniture and electrical goods to further fund the charity. Last year alone, The Benjamin Foundation successfully moved 81% of their young carers into their own home, delivered over 10,000 emotional support sessions, and continue to accommodate over 200 people at-risk-of-homelessness every single night.

"Life is a journey, full of twists and turns that can sometimes be difficult to navigate. The Benjamin Foundation is here for those who need some help along the way."

Interested?

If you have an interest in joining, finding out more, volunteering, or know anybody that might benefit from the service, please contact info@benjaminfoundation.co.uk. If you'd like to donate some furniture or electrical goods, please click [here](#).

Group Spotlight

The Rotary Club of Diss and District



The club is one of approximately 90 in East Anglia and it celebrates its 77th birthday in October 2024. The 39 members raise around £20,000 each year to support a range of good works. Some of the money raised goes to support charities like the End Polio Now campaign,

Shelter Box, Aqua Box and Lend with Care, which are supported by Rotary globally. The club also supports the international community by, for example, providing bicycles for midwives and playgrounds for hospitals in Moldova. They also support the local community – both individuals and local charities.

The Rotary Club raise money through a number of annual events –things like garden parties, Christmas Sleigh collections, Easter chocolate egg raffles, concerts and collections.

As the name suggests, the club is based in Diss. This is on the Norfolk/Suffolk border and they broadly operate within a 15-mile radius, to include such places as Debenham/Eye/Stradbroke to the south, and Thetford to the west.



The club is always looking for new members and also encourage people to visit the Rotary Club of Diss and District website, or call in at the Scole Inn on the first or the third Tuesday of the month at 6-30pm. Here they can arrange for you to join them at a future meeting. Their secretary is the prime contact. They also need people to help out on occasions such as the Christmas Sleigh Collection, where volunteers follow the sleigh from street to street, collecting donations from homes.

The club's bimonthly meetings, usually involve a meal, an interesting speaker and a short "business" session; where they discuss who/what to support and how money can be raised. They occasionally have sessions elsewhere, at places of interest in the region. Members are predominantly retired or close to retirement professionals /civil servants/ business people from a wide range of backgrounds who want to do a bit of "good". It is a friendly group of people who welcome newcomers or helpers.



Group Spotlight

Gifted Norwich

The World's Biggest Live Gift Exchange

Gifted Norwich will make history through community. We'll be sharing and celebrating the amazing people and communities that thrive across Norfolk, all in aid of local charity New-U.



Gifted tackles two of the country's biggest issues, the cost-of-living crisis, and the deterioration of social connection. Gifted will connect potentially thousands of local community members together as 'gifiers'; with businesses, artists, crafters, and the public all taking part.

Businesses can gift physical products, services or vouchers (no minimum spend), artists and crafters can gift handmade items and the public can either choose a no-cost 'goodwill gift' from a diverse idea list, or they can come up with their own unique ideas or hand-made items. For those choosing to create their own handmade gifts we'll be working with community partners to curate a programme of workshops and drop-in events, where anyone can come along to gather inspiration and make theirs.

Take Part

Exchange Day - Spring 2025

Held at The Forum in Norwich city centre, the event will bring together people from all walks of life in a unique and celebratory social experience.



Those able to attend on the day will be randomly given a sealed envelope with details of their gifts inside. These will be opened simultaneously, making a world record for the largest live gift exchange.

Players will be able to instantly claim physical gifts or receive information about how to claim goodwill and services gifts.

Gifted Norwich hope you'll love your gift, but if it isn't something you can use, then gifts can be re-donated, and later sold at charity auction.

Anyone not able to attend on exchange day will be emailed details of their gift afterwards and will have three weeks claim it.

Group Spotlight

The Walled Garden – Community Shop & Cafe



The Walled Garden Community Shop and Café is located in the beautiful village of Little Plumstead, in Norfolk. Their address is [Old Hall Road, Little Plumstead, Norfolk, NR13 5FA](#) where parking and secure cycle storage is available.

If you would like to visit the shop for essentials, enjoy the café or explore the Victorian walled garden, visit them today! Dogs are welcome on the café terrace and in the garden so long as they are on leads (assistance dogs are allowed inside the café and shop).

They hold events from plant sales to coffee mornings - see their [Events](#) page to find out what's coming up.

Volunteers needed

The shop, cafe and garden rely on volunteers - even if you can only spare a few hours a week, your contribution will help to provide a much-needed community service. If you'd like to volunteer in the shop, café or garden they would love to hear from you. Please drop in any time during opening hours, or email them to let them know how you'd like to be involved: shop@thewalledgardenshop.co.uk Find out more by watching this [video](#) made by Walled Garden volunteer Simon Curtis.



Cafe opening times:

Monday to Saturday: 9am to 4pm
Sunday: 10am to 3.30pm

Shop opening times:

Monday to Saturday: 8am to 6pm
Sunday: 10am to 4pm



History

The Walled Garden Community Shop & Cafe has been built within the Victorian walled garden that formerly served Little Plumstead Hall. The hall was built in 1889 for the Rev Charles Johnston as a large Elizabethan style mansion on the site of an earlier hall and parkland.

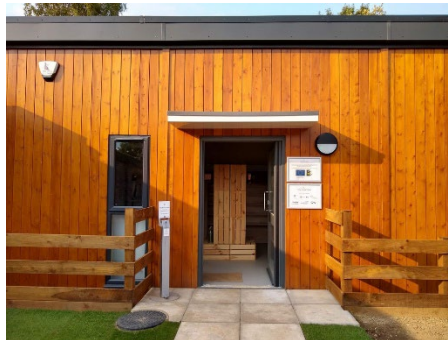
The walled garden was part of Little Plumstead Hospital from the 1930s onwards. It was maintained to a high standard but the fruit trees and vegetables disappeared. Prior to its sale to developers in the 1990s, it was a garden of shrubs, flowers and a grassed area used by patients, staff and visitors. Many people have fond memories of attending a jazz evening, a hospital social function or time spent tending the garden with patients.

When this organisation took over the garden it was quite different; left for many years, only a few plants from that time remained. They took on the challenge to acquire the land and bring this special space back to life.

Alongside the work to create the

community shop and café, a group was formed in the autumn of 2018 to work on a plan to restore the garden to its former glory. Local volunteers worked on grant applications, visiting other walled gardens for inspiration, completing a design, as well as researching the planting history.

Their hard work has resulted in the beautiful garden you see today.



Broadland Community at Heart Awards

On 24th October, we celebrated the stars of our community from across the district at our annual Broadland community at Heart Awards Ceremony! ★ The ceremony was held at the beautiful Royal Norwich Golf Club in Lenwade, with winners each receiving £250 to give to their chosen community group or voluntary organisation.



A massive congratulations to all those shortlisted and to our winners who are listed below.

Business in the Community Award – Red Panda Crafts Norfolk

Young Achiever – Adam Farrow

Green at Heart Award – Scrapbox

Healthy and Active Award – No Limits Norfolk

Connecting Communities Award - East Coast Truckers

Community Organisation of the Year Award - The Jo Dix Foundation

Volunteer of the Year – Claire Whitehouse

Lifetime Achievement Award – Elizabeth Cameron

Pride in Place Award – Horsford Community Activity Days



Mindful Towns and Villages

Our Mindful Towns and Villages project aims to enhance mental health and improve community resilience through offering free mental health training, creating Wellbeing Champions who can create safe places to chat within the community.

The training aims to empower local people to feel confident in starting conversations to ask others how they are really feeling, to recognise signs of low mental health and to know how to signpost people on for further help when needed, including to the Council's Help Hub.

Would you be interested in getting involved?

Becoming a wellbeing champion may be right for you if:

- You are in a position to meet and engage with other people in the community
- You feel happy to be known as a Wellbeing Champion and for people to come to you for a chat (as needed)
- You would like to learn what other services are available to recommend to family, friends and members of the community
- You care about the mental wellbeing of the community around you

Following the training, you will receive:

- A helpful resource to support conversations
- Access to a private website page with further links for learning and sharing
- Access to a private Facebook group for updates, links and asking questions
- Quarterly emails

It's important to highlight that we do not expect you to give any additional time to this role; these conversations will likely occur within your given role in the community. You are simply there for a low-level chat and to signpost as needed.

Help create mindful towns and villages

We have trained 260 wellbeing champions so far, but we would like to see members of every town and village across South Norfolk and Broadland involved. Once we meet the minimum number of people needed for the town or village's size, we can then award the area with a Mindful Status, recognising that the locals care about the mental wellbeing of those around them.

Free training

The free training includes our in-house Mental Health Awareness in the Community session *and* NHS Norfolk and Waveney Talking Therapies Wellbeing Champion training. We host training every month, moving around the two districts.

Final 2024 dates and locations include:

- Drayton - 19th November
- Thorpe St Andrews/Council Offices – 5th December

The start of 2025 will see Mulbarton, Burston, Colitshall, Trowse, Blickling and Loddon areas being visited.

For more information about the project, course details and to book your place, visit our website. <https://www.southnorfolkandbroadland.gov.uk/communities/mindful-towns-villages>



Community Group Toolkit

We've recently created and launched a brand-new toolkit for community groups, full of essential information on how to set up a new community group, as well as tips and tricks for more established ones. To view and download, click [here](#).



Final Notes

We recently welcomed Emma Henry to the Communities Team, so we would like to take this opportunity to introduce both Community Capacity Officers, so you can put a face to a name when in contact with us.



Meet Emma and Lauren!

There is so much our Communities Team can assist you with and we are hopeful this update has given you an insight into that. For general communities enquiries please contact:

communities@southnorfolkandbroadland.gov.uk

We have also just launched a brand-new inbox which both Emma and Lauren will monitor for any queries or assistance with community groups and organisations:

communitycapacity@southnorfolkandbroadland.gov.uk

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.

Please join and utilise our [Community Links Network Facebook page](#) for regular updates from both our team and your fellow community groups and organisations.

We welcome and appreciate any feedback you may have.

Thank you.

Next Community Links Network Meeting :

Tuesday 28th January

16:30-18:30

More details to follow soon.