

# Yours Sincerely

Edition 31 - October 2024



## How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: [Helphub@southnorfolkandbroadland.gov.uk](mailto:Helphub@southnorfolkandbroadland.gov.uk)



## Accessibility

### Large Print Yours Sincerely

If you would like a larger print version of Yours Sincerely, please let us know. Give us a call using the number below and we'll make sure all future editions you receive are in a larger font.

### Coloured Overlay

If you would like your edition of Yours Sincerely printed on coloured paper, please let us know by calling the number below and let us know what colour paper you need for your future editions.



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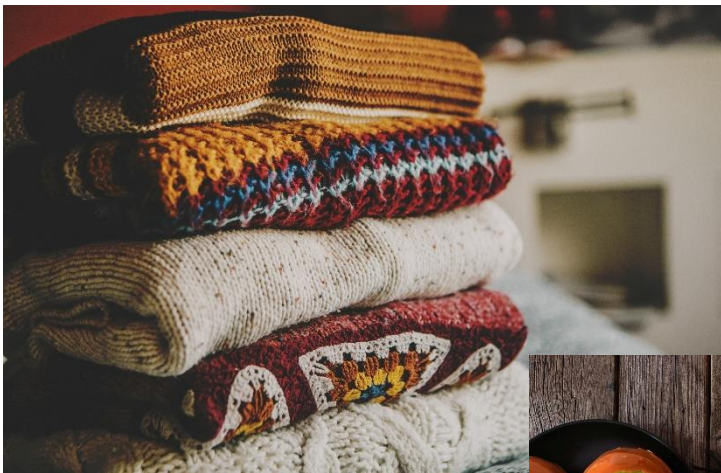


**Yours Sincerely**

## **Welcome to the 31<sup>st</sup> Edition of Yours Sincerely!**

Sorry for how late this edition is, however, we felt that we could take advantage of the time of year and talk about Halloween! As you may have noticed, Yours Sincerely looks a bit different. We felt it was time for a revamp! We hope you like it! We have a feedback form at the end of this edition for you to fill in and send back to us if you would like to. We would love to hear from you!

It's officially autumn now and it's starting to get cold so make sure you are wrapping up in jumpers and blankets!



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## Community Spotlight – Gifted Norwich

Gifted Norwich is an exciting, first-of-its-kind community initiative with the goal of setting a world record for the largest in-person gift exchange. But more than just an event, Gifted Norwich is a movement designed to bring people together through the joy of giving. Through this unique experience, Gifted Norwich aim to highlight and celebrate the incredible individuals and communities across Norfolk.

Founded by Norfolk-born siblings Stephen and Laura Blackwell in Partnership with Norwich-based charity New-U, Gifted Norwich is designed to foster connections and spark community engagement, building meaningful relationships through the simple act of giving.



This inspiring new event promises to be an unforgettable celebration of community, creativity, and connection. Participants will offer a wide variety of gifts – from handmade treasures to skills and acts of service – ensuring that everyone, regardless of background, can contribute something. Open to all, Gifted Norwich encourages local businesses, artists, and community members to pledge gifts and join in this one-of-a-kind exchange. Whether you're a business willing to donate services, an artist with a unique creation, or a community member wanting to give a simple act of kindness, every contribution helps make this event truly special.

The more gifts in the exchange, the greater the impact will be; so, register now to pledge your gift and be part of this one-of-a-kind exchange. Don't worry if you can't join in on the day – you can still participate and claim your gift afterwards. Plus, any unclaimed gifts will be included in a charity auction, with proceeds benefiting New-U, ensuring that every gift finds a home and supports the community.

You can register your gift online now at [www.giftedNorwich.com](http://www.giftedNorwich.com) with the live exchange taking place in Spring 2025. This project is supported by local charity New-U and, once registered, physical gifts can be dropped off at their shop in Castle Quarter, open 10am - 4pm, Tuesday – Saturday.

For more information, to get inspiration or to register your gift, visit [www.giftedNorwich.com](http://www.giftedNorwich.com) or contact [team@giftednorwich.com](mailto:team@giftednorwich.com).



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## Help Hub - Handyperson+ Service

If you have a job that needs doing and are struggling to find someone to help, look no further than our Handyperson+ Service.

Residents 65 and over or those at higher risk can benefit from this service to help with small repairs and changes that make homes safer and secure.

Our team is fully trained and insured and can help with jobs such as fitting key safes and locks, minor plumbing, putting up or replacing smoke alarms, fitting grabrails and putting up shelving.



As well as small works, our handyperson can chat to residents during a visit to see if they may be able to receive any additional help. They have an in-depth knowledge of available grants, allowances, and services a resident may be eligible for.

Services differ between the two districts, but we are working to align these in the future to give everyone the best service. Please be aware there could be a charge for the services offered to you, but we try to make these as minimal as possible.

If you feel the Handyperson+ Service is something you could benefit from, please get in touch:



### **South Norfolk Residents**

Phone: 01508 505284

Email: [handyperson.snc@southnorfolkandbroadland.gov.uk](mailto:handyperson.snc@southnorfolkandbroadland.gov.uk)

### **Broadland Residents**

Phone: 01603 430518

Email: [handyperson.bdc@southnorfolkandbroadland.gov.uk](mailto:handyperson.bdc@southnorfolkandbroadland.gov.uk)

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**Yours Sincerely**

## Independent Living Skills – Adult Learning

Maths Functional Skills courses are taking place in Attleborough. These are designed to help you gain a qualification in maths, which can help with employment and a better quality of life, as you have a greater understanding of maths in everyday life.

There are the following courses soon:

- FSXMS1224Z Maths Functional Skills, Attleborough Library, started on the 11<sup>th</sup> September 2024 and will finish on the 20<sup>th</sup> November 2024, 13:30-16:00. It isn't too late to join! Late starters are welcome to get a feel for what the course is like!
- FSXMS2224Z Maths Functional Skills, Attleborough Library, starts on the 15<sup>th</sup> January 2025 and finishes on the 26<sup>th</sup> March 2025, 13:30-16:00.

If this is something that you would be interested in, please email [adultlearning@norfolk.gov.uk](mailto:adultlearning@norfolk.gov.uk) or call 01603 222400.

The Independent Living Skills courses are classroom based. They focus on Healthy Living for those who are aged 19+ with mild to moderate learning difficulties. They are suitable for learners who have basic English skills and take place 1 day per week over 10 weeks during term time and are held at convenient locations across Norfolk. There is an initial assessment to complete before enrolment onto a course to ensure the course is suitable. January's focus will be Problem Solving and Personal Safety and April's focus will be Living Positively. If you are interested in these courses, contact [al.ils@norfolk.gov.uk](mailto:al.ils@norfolk.gov.uk) and they will be able to help you!

## Better Off Calculator

South Norfolk and Broadland's Help Hub uses the 'Better off Calculator' to ensure that when we work with you, our residents, we can ensure that you are receiving all the financial help you are entitled to, including Housing Benefit and Council Tax Assistance. You can also apply for these through the calculator and the form will go directly to our Benefits Team.

The calculator can currently be accessed through the front page of our website, but also through the Help Hub page, the Benefit Page, and the Council Tax page.

The benefits you may be entitled to are listed below (this is not an exhaustive list):



Benefits	Other Financial Help	Bill Support
Universal Credit Pension Credit Housing Benefit Council Tax Assistance Attendance Allowance Child Benefit	Healthy Start Vouchers Free School Meals Tax-Free & Free Childcare	Warm Homes Discount Social Water Tariffs Energy Grants Social Broadband Tariffs

If you need any help with this, please call the relevant number below, or send the Help Hub an email.

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Yours Sincerely



Who's your  
community hero?

## Broadland Community at Heart Awards

Thank you to those who nominated people, groups, and businesses for the Community at Heart Awards!

**Nominations are now closed for the Community at Heart Awards 2024.**

Shortlisted nominees are now being invited along to the awards ceremony at Royal Norwich Golf Club in Lenwade, and the winner in each category will receive £250 to give to their chosen community group or voluntary organisation. The winners will feature in the next edition of Yours Sincerely!

### Categories:

- **Young Achiever Award** – A young person (aged 18 or under) who has made an exceptional contribution to their community.
- **Community Organisation of the Year** – A community organisation who has made a significant impact to the community.
- **Business in the Community Award** – A local business or commercial organisation that has gone above and beyond to support the local community.
- **Volunteer of the Year** – An individual who selflessly devotes their time and energy to the community.
- **Green at Heart Award** – An individual, school or community organisation that has gone out of their way to encourage communities to come together and promote inclusivity.
- **Lifetime Achievement Award** – A person who has dedicated over 20 years of their life to the community, volunteering for the benefits of others and deserves special recognition for their efforts and commitment.
- **Healthy and Active Award** – An individual, school or community organisation that has gone above and beyond in facilitating healthy and active lifestyles.

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## Community Engagement Van

We now have a Community Engagement Van (CEVan) which we will use to visit towns and parishes across South Norfolk and Broadland, to support and advise our residents. No appointment is necessary and anything you need support with can be discussed with our members of staff on board. These may include, but are not limited to:



- Money and debt worries
- Benefits
- Parenting, relationships, and domestic abuse
- Health and wellbeing
- Bereavement support
- Employment
- Housing and home problems

The van is initially visiting areas of need with lower levels of engagement with the Help Hub services, hoping to remove barriers for residents accessing support. Dates and locations for this are as follows:

Broadland	Dates (Tuesdays)	South Norfolk	Dates (Thursdays)
Great Witchingham Village Hall	8 <sup>th</sup> October 2024 to 26 <sup>th</sup> November 2024	Ditchingham Village Hall	10 <sup>th</sup> October 2024 to 28 <sup>th</sup> November 2024
Buxton Village Hall	17 <sup>th</sup> December 2024 to 18 <sup>th</sup> February 2025 (excluding 24 <sup>th</sup> and 31 <sup>st</sup> December)	Bunwell Village Hall	19 <sup>th</sup> December 2024 to 20 <sup>th</sup> February 2025 (excluding 26 <sup>th</sup> December and 2 <sup>nd</sup> January)

The van will also be visiting other locations as part of other projects delivered by other services, so don't worry if there is nowhere on the list near you. If you would like any more information about the Community Engagement Van, please contact the Communities Team on 01603 430611, or email [Communities@southnorfolkandbroadland.gov.uk](mailto:Communities@southnorfolkandbroadland.gov.uk).

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## Fact Finder

### Norfolk Myths and Legends

#### The Magical Sword of Winfarthing

There is a legend in Winfarthing, in South Norfolk, of a duel between two knights, fighting over the same woman. One knight killed the other and then claimed sanctuary in St Mary's Church. He left the church, leaving behind his sword. The sword became a relic and was said to have supernatural powers, the power to bestow miracles. It was said to help people find lost things, but also to help women rid themselves of the men they were married to, if they so wished. The sword has since gone missing, and all that remains of its memory is a stained-glass window illustrating the legend in St Mary's Church in Winfarthing.



#### The Lantern Man

Joseph Bexfield was a wherryman working between Great Yarmouth and Norwich. At night he would join other sailors in The White Horse Inn at Thurlton, Staithe and stay there until morning. On the 11<sup>th</sup> August 1809, Joseph noticed something on the marsh, a light bobbing in the gloom. He thought it



was someone trying to steal the moored wherries. Joseph was ready to go and confront this person but his friends stopped him, warning him of the Lantern Men, evil pixies who would drag you to a watery grave and steal the air from your lungs. Joseph thought nothing of these warnings and went out to his wherry, whistling. Three days later, his body washed up where he usually moored his wherry. The Lantern Man has been spotted in the following places: Thurlton, Bawburgh, Alder Carr, Wicken Fen, Irstead, Horning, Gimingham, and Southrepps.

#### King Gurgunt

It is said that, before the Romans, the city of Norwich was founded by the mythical King Gurgunt, who is said to be buried deep beneath Norwich Castle. He now lays in an enchanted sleep, in full armour, sword in hand, ready for battle should he be required by his beloved Norfolk.



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## Book Club

Our next book review has been written by another employee at South Norfolk and Broadland District Council, Lindsay.

The book Lindsay chose to review for the 31<sup>st</sup> Edition of Yours Sincerely is:

### **The Name of the Wind – Patrick Rothfuss**

*The Name of the Wind* is a beautifully written fantasy novel that tells the story of a mysterious and gifted young man name Kvothe. Narrated for Kvothe's own perspective, the novel follows him as he recounts his life – from his childhood with travelling performers to his time at the university, where he learns both practical and magical knowledge. Through his tale, Kvothe reveals the moments that shaped him into the legendary figure known throughout the world as a skilled musician, an enigmatic hero, and a feared wizard.



Patrick Rothfuss's writing is both lyrical and precise, with no words wasted. His poetic style weaves a story rich in atmosphere, gradually revealing a stunning level of detail that builds a vivid and immersive world. Each element of the narrative feels meticulously crafted, like pieces of a puzzle that slowly come together for form a larger, intricate picture.

It is the first book in *The Kingkiller Chronicle* trilogy. The trilogy is unfortunately still unfinished, but nevertheless the book is so well-written that it is still very much worth reading, even though the end of the story is still unknown.

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## **Main Meal of the Month**

### **Spring Onion & Ginger Crispy Chicken Rice Pot**

#### **Ingredients:**

- 2 tbsp vegetable oil
- 4 skin-on, bone-in chicken thighs
- 8 spring onions
- 3 garlic cloves
- 15g root ginger, cut into sticks
- 200g rice
- 650ml vegetable stock



#### **Instructions:**

1. Heat the oven to 200°C/180°C Fan/ Gas Mark 4.
2. Pour 1 tbsp vegetable oil in a large casserole dish with a lid, put on the hob and heat.
3. Once the dish is hot, season the chicken thighs with salt and pepper and cook skin-side-down for 5-6 minutes until very golden. Remove from the pan and set aside (it shouldn't be fully cooked yet).
4. Pour in the remaining vegetable oil, then tip the spring onions, garlic, and ginger in.
5. Cook on a medium heat for 4-5 minutes until softened and golden around the edges.
6. Tip in the rice and stir to coat in the oil.
7. Pour in the stock, then put the chicken on top of the rice (skin-side-up)
8. Put the lid on the casserole dish and put in the oven for 20 minutes.
9. Enjoy!

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## **Coffee and Walnut Cake**

### **Ingredients:**

#### **For the cake mixture:**

- 250g butter
- 100ml strong black coffee, cooled
- 280g self-raising flour
- 250g golden caster sugar
- ½ tsp baking powder
- 4 eggs
- 1 tsp vanilla extract
- 85g walnut, chopped

#### **For the filling:**

- 100g icing sugar
- 150ml double cream
- 100g mascarpone



### **Instructions:**

1. Heat the oven to 180°C/160°C Fan/ Gas Mark 4.
2. Butter 2 x 20cm springform cake tins and line the bottom with greaseproof paper
3. Set aside 2 tbsp coffee for the filling.
4. Beat the butter, flour, sugar, baking powder, eggs, vanilla, and half of the remaining coffee in a large bowl.
5. Set aside 2 tbsp walnuts.
6. Put all of the walnuts other than those 2 tbsp in the cake mixture and fold in.
7. Divide the mixture between the tins and then scatter the remaining walnuts over one of the cakes.
8. Bake in the oven for 25-30 minutes, until golden and risen.
9. Once the cakes are cooling, making the filling.
10. Beat the icing sugar, cream, and mascarpone together, then fold in the remaining coffee.
11. Once the cakes have cooled, spread the filling over the plain cake, then cover with the walnut-topped cake, then dust with a bit of icing sugar.
12. Enjoy!

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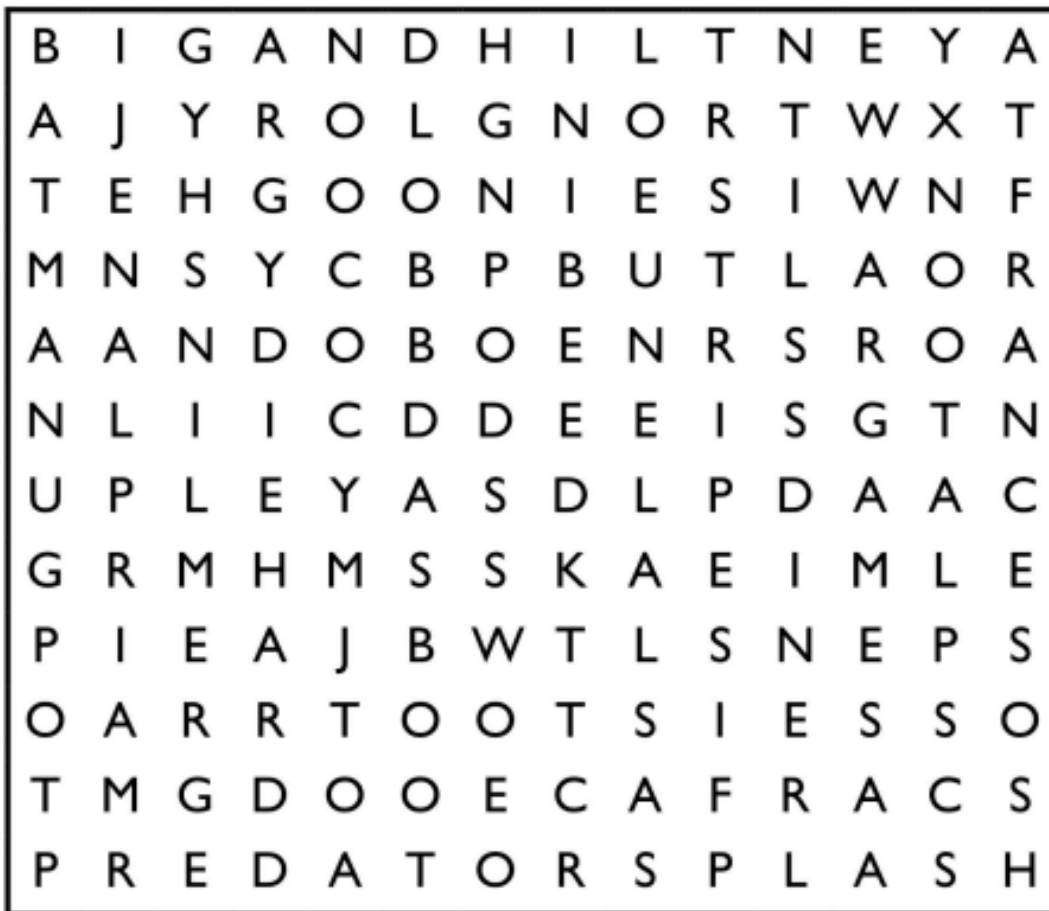


## Brain Teasers

(Answers are on the bottom of the next page)

- 1) What can travel all around the world without leaving its corner?
- 2) What has one eye, but can't see?
- 3) What do Alexander the Great and Winnie the Pooh have in common?
- 4) How far can you walk into the woods?

## Wordsearch



AIRPLANE  
AMADEUS  
BATMAN  
BIG  
BODY HEAT  
COCOON  
DAS BOOT  
DIE HARD  
DINER  
FRANCES  
GANDHI  
GLORY  
GOONIES  
GREMLINS  
PLATOON  
PREDATOR  
RAIN MAN  
RAN  
REDS  
SCARFACE  
SILKWOOD  
SPLASH  
STRIPES  
TAPS  
TOOTSIE  
TOP GUN  
TRON  
WARGAMES  
WITNESS  
YENTL

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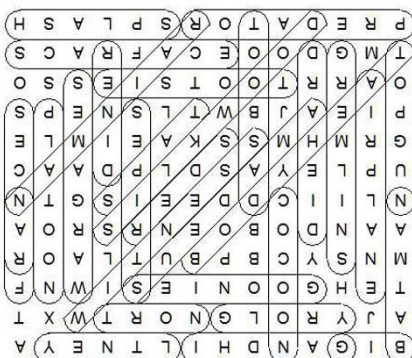
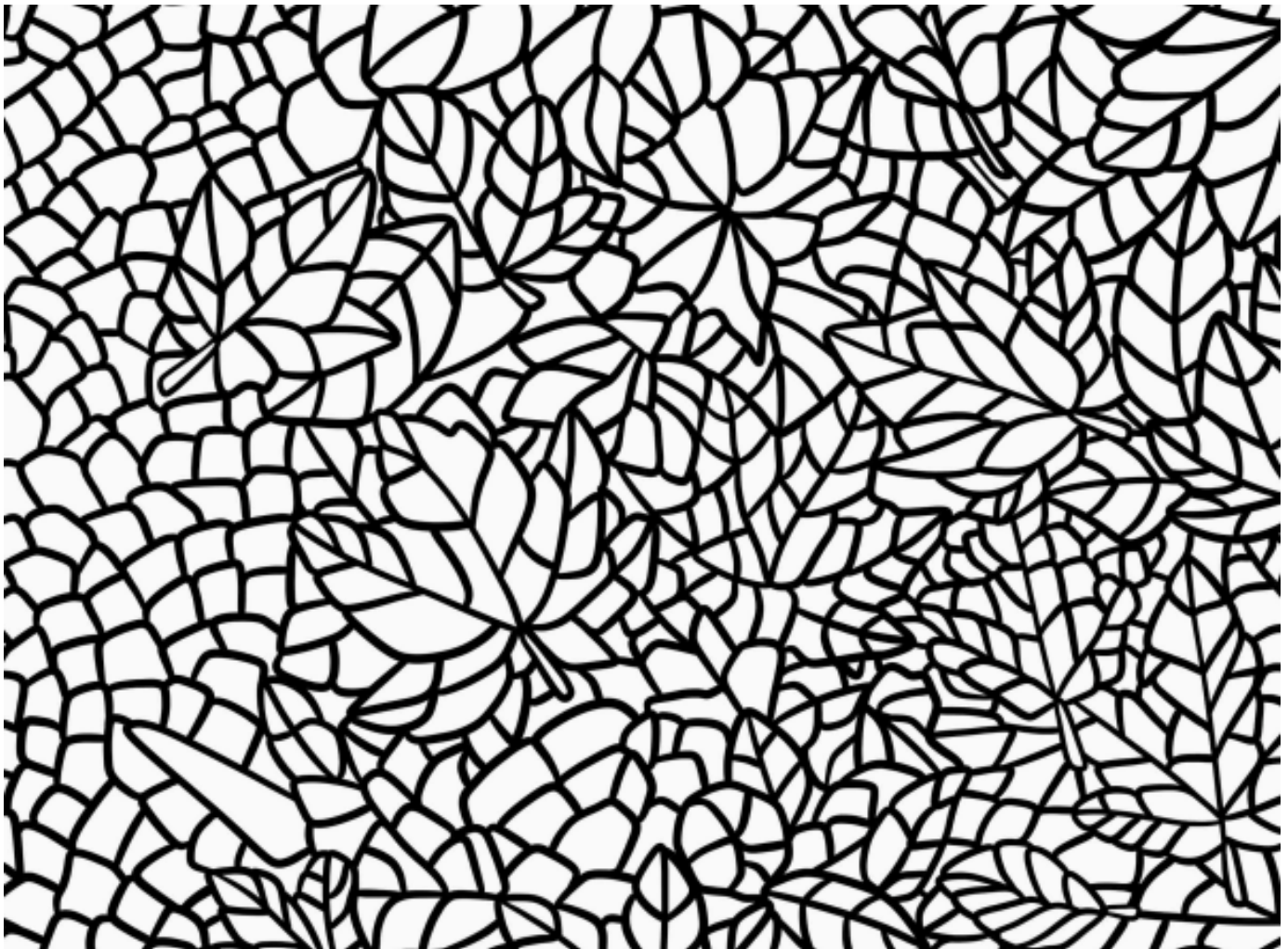
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Yours Sincerely

## Colouring page



Answers:

1. A
2. A needle
3. Their middle names
4. Halfway. After that, you're walking out.

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## Exercises

### Safety at home

When performing exercises at home please ensure that your exercise surroundings are clear to reduce any risk of trips or falls and that the chair you use to perform some, or all the exercises is stable and sturdy. When using a chair, you do not want it to move during an exercise so where possible have the chair up against a wall to limit movement. Perform the exercises in comfortable clothes and supportive footwear, use a ventilated room and make sure you have a drink to hand.

PLEASE NOTE: If you feel unwell stop exercising immediately; ensure you work within your limits and always listen to your body. You undertake all exercises at your own risk.

When performing the exercises, concentrate on your breathing- Breath in on the easy phase, breath out on the hard phase. Do not hold your breath.

Welcome to the Magnificent Seven Workout! Each exercise lasts one minute, so before you know it, you'll be done and ready for a well-deserved cuppa. If you're feeling up for an extra challenge, you can repeat the whole sequence twice. Let's have some fun and get a little fitter!

The five exercises:

### 1) Marching and Punching

- a. Standing on the spot, march at speed appropriate for your level.
- b. Punch arms forward.

- **Adaptation: Seat Marching**

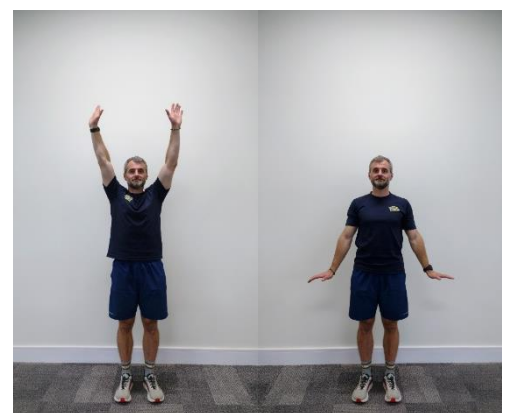
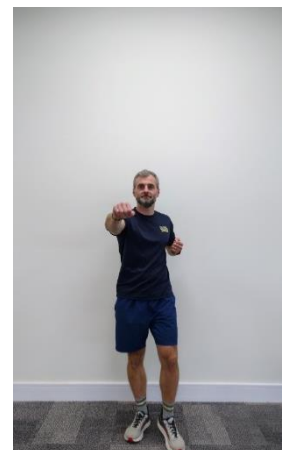
- Sit forward in the chair, back straight and sit tall.
- Move your feet as if marching at a speed appropriate for your level.
- Punch arms forward.

- **Progression:**

- March and touch opposite hand to knee or elbow.

### 2) Swan Arms:

- a. Raise your arms out to the side and above your head, then push your arms down as if you are pushing against sand or water:



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## Exercises

### 3) Sit to Stand:

- Sit forwards in your chair with your back straight.
- Feet shoulder width apart for balance.
- Stand up straight and then lower yourself to the chair.
- Use the chair for assistance to push up if required.
- Perform the exercise slowly and controlled.

- Progression:

- Do not use the chair for assistance and raise your arms up in front.
- Perform a slow squat – start standing and slowly lower yourself down to the chair, keeping your knees behind your toes. Before you touch the chair, stand back up.



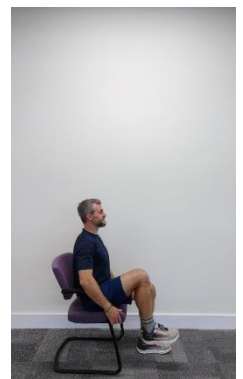
### 4) Wall Press Ups:

- Starting position – face a wall with feet shoulder width apart, standing a little further than arm's length away from the wall.
- Place your palms on the wall, shoulder height and shoulder width apart with your fingers pointing to the ceiling. If you feel you are too far from the wall and reaching too far, move your feet closer.
- Bend your elbows and begin to lower your body towards the wall until your nose **almost** touches it. Make sure your back stays straight and your hips don't sag. Push back up to the start position and repeat.



### 5) Abdominal Knee Raise:

- Sitting at the front of the chair.
- Engage stomach muscles by drawing your belly button in and up sitting nice and tall.
- Lift one knee at a time and slowly lower back down to the floor.



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## Exercises

### The 2 Stretches:

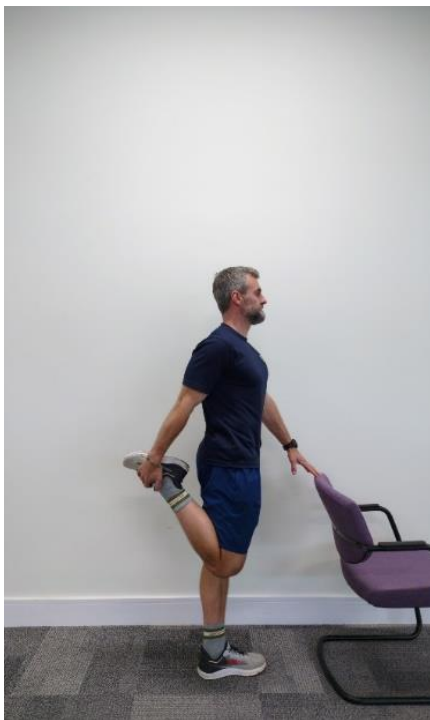
(Hold stretches for 15-30 seconds):

#### 1) Shoulder and Chest Stretch:

- While standing or seated, either interlace your fingers behind your back or place your hands on your lower back. Stand tall and look up towards the ceiling. Gently pull your hands down or press them towards the floor, stopping when you feel a comfortable stretch.

#### 2) Quadriceps Stretch:

- While standing, take one leg behind you, bending at the knee. Use a chair or wall for support. As you hold onto your foot or hover your leg at a 90-degree angle behind you, feel the stretch along the front of the bent knee.



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# Yours Sincerely

We've come to the end of this month's Yours Sincerely and we'll be back with another edition in December, ready for Christmas! Don't forget to fill in our survey!

Thank you for reading and until next time, have an amazing autumn!

If you have any questions regarding this edition or would like to send in some feedback, please do not hesitate to do so using the contact details listed at the bottom of this page.

Yours Sincerely,  
Emily



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# Yours Sincerely

## 1) What do you like most about Yours Sincerely? (Please tick all that apply)

Community Group Spotlight	
Help Hub Information/Updates	
General Council Updates/Information	
Fact Finder	
Book Club	
Recipes	
Brain Teasers	
Colouring/How to Draw	

## 2) Does Yours Sincerely make you feel more connected with the local community?

Yes	
No	
Why is this?	

## 3) Do you enjoy receiving Yours Sincerely in the post?

Yes	
No	

## 4) How often would you like to receive Yours Sincerely?

## 5) What would you like to see in Yours Sincerely?

To give your feedback, you can either call us on 01603 430611, email [communities@southnorfolkandbroadland.gov.uk](mailto:communities@southnorfolkandbroadland.gov.uk) or send this page to us in the post to

**Communities Team,  
The Horizon Centre,  
Peachman Way, Broadland Business Park,  
Norwich,  
NR7 0WF**

Or follow this QR code to a Microsoft Form:

Yours Sincerely Feedback Form



**Broadland**  
District Council

