

SUMMER 2023

LINK



**Your community
heroes honoured**

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



South Norfolk
COUNCIL

The logo graphic for South Norfolk Council, featuring a stylized green plant with three leaves.

Flying the flag for our armed forces

South Norfolk Council showed its support for our military personnel when Vice Chairman Cllr Sharon Blundell, Cllr Keith Kiddie and Armed Forces Champion Cllr Graham Minshull raised the Armed Forces Day Flag at our new home, the Horizon Building. The flag flew throughout the week leading up to Armed Forces Day on 24 June.



The Council is proud to hold the Gold Award in the Armed Forces Covenant Employer Recognition Scheme. The Gold award, given to employers by the Ministry of Defence is the highest accolade granted under the Employer Recognition Scheme, reserved for businesses with the strongest commitment to supporting the military community.

Councillor Graham Minshull said: "Raising the flag sends a clear message of support to all the men and women who are currently serving in our British Forces, the service families, veterans and cadets."

You can find out how the Council supports serving personnel and veterans by visiting our website.

Editorial

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Useful contacts

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Website: southnorfolkandbroadland.gov.uk



@SNorfolkCouncil



@SouthNorfolkCouncil

Support for anyone who is feeling vulnerable:



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

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



A message from the leader



At the district elections in May more than 130 candidates contested 46 seats in 26 wards across South Norfolk. We now have a new Council with new Councillors each with new ideas and new priorities but the same desire to do more for less.

We have now moved to our new offices at the Horizon Building close to Norwich at Broadland Business Park, which crucially for two thirds of our residents is the same, if not closer in distance and is easily accessible by public transport. For our residents in the Diss and Harleston area, we

have opened a satellite office to ensure that you continue to have the option of local face-to-face customer service.

The much lower running and maintenance costs of the Horizon Building will save us all a significant amount of money. And the new building is 84% more energy efficient, reducing emissions. The £750,000 annual savings can be reinvested to improve the services that really matter to you and importantly, at a time of rising prices, help us keep council tax low for everyone.

It is not just our address that has changed. The challenges facing all of us have also changed and just as we have always done, we will respond to those challenges, helping individual families with the cost of living crisis and the difficulties caused by rising inflation.

Following the election the new Council has made a new

commitment to promoting healthy and active lifestyles, growing the economy and protecting the local and global environment by championing the importance of energy transition.

We are maintaining our plans to invest in our district, including co-investing in essential infrastructure including new surgeries, commercial spaces and community buildings, with Easton, Stoke Holy Cross and Cringleford being among the first to benefit.

And we will lead the work to ensure that National Grid carry out proper and robust consultations on the question of pylons. We fully support the drive to Net Zero but have taken steps to ensure that everyone can more easily contribute to the debate on a more informed basis with extra time for interested parties to have their say.

Councillor John Fuller,
Leader of South Norfolk Council

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Chairman re-elected

At the Council's AGM, held in May, Councillor James Easter was re-elected as Chairman of South Norfolk Council.

Councillor Easter, who represents the Bressingham and Burston ward said: "It is a huge honour to be re-elected to the role of

Chairman. I am really looking forward to the coming year and meeting the many people and businesses who do so much for our communities."

Councillor Easter will continue to support Mind as his chosen charity. Councillor Sharon Blundell was elected as Vice Chairman.



Drive to go green

We have upgraded and doubled the amount of electric charging points available in our market towns.

There are now 38 bays across market town car parks in Wymondham, Long Stratton, Loddon, Diss and Harleston.

The 22 kW fast chargers now accept contactless payment and have a more sophisticated dynamic load balancing system, which effectively distributes the charging rate according to the vehicle's capacity and state of charge.

All the bays are now painted green, and a more robust barrier will help prevent damage to the chargers as vehicles drive into the bays.

Cabinet Member, Cllr Graham Minshull, said: "We were one of the first district councils to install fast chargers in our car parks, and the network not only provides a service to shoppers and visitors, but also allows residents who don't have home charging capability to enjoy the benefits of electric vehicle ownership."



Funding for new village hub



We have agreed a £500,000 grant towards a new pavilion on the playing field site, in Stoke Holy Cross.

The money comes from the Council's Co-Investment Grant Fund which was set up in 2022 to encourage and support the delivery of large-scale infrastructure projects, alongside growth in our parishes and towns. The scheme is designed to help secure the delivery of projects that benefit the local and wider community by providing match funding.

The new pavilion will provide recreational and community space, enable the extension of the growing pre-school, and create a thriving hub in the centre of the village.

A feasibility study for the project was produced by FMG Consulting using funding from the Council's Pride in Place Community Grant, part of the Shared Prosperity Fund.

Marking the Coronation

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To help residents celebrate the Coronation of King Charles III, we awarded 69 grants to support Town and Parish Councils to organise community events.

All over the district, hundreds of people joined in the celebrations during the special Bank Holiday weekend. The funding was spent on live music, afternoon teas, street parties and much more to mark this very special event.



Service with a smile at award winning farm shop

Here in South Norfolk, we are lucky enough to be surrounded by farms that grow and rear produce, much of which you can buy from your local farm shop.



There are some amazing farm shops in our district that produce and sell fresh, high-quality produce, from delicious cheeses to free range eggs and locally reared meat. But they can also go above and beyond, offering a friendly personal service, which keeps customers coming back.

Church Farm Shop in Hethersett won our 2023 South Norfolk Retailer of the Year Award, as voted for by our residents.

Jake Willgress, who runs the shop with his mum Linda, said: "We were blown away by the fantastic feedback we received about our excellent customer service, it was brilliant to read all the comments and

to know just how much we are valued in the community."

Jake and his family have been running Church Farm Shop since 2008.

He said: "All our produce is fresh and delicious and sourced as close to the shop as possible and we try and support as many other local businesses as we can.

"Our shelves are stocked with fresh fruit and veg, tasty home-made bakes, local ice cream, pizza, fish and so much more! If you haven't been to see us yet, come and give us a try!"

Cabinet Member, Cllr Lisa Neal, said: "We have some excellent Farm Shops in South Norfolk that are all worth exploring. When you buy from a farm shop, you're not just getting delicious, quality products straight from the farm

to your fork, but you're also supporting our local farmers and businesses, which puts money back into the community and creates jobs for local people. It's an easy way to cut down food miles too."

As well as Church Farm Shop in Hethersett, keep an eye out for Paddock Farm Shop in Mulbarton, Old Hall Farm just off the Norwich Road in Woodton, Cavick House Farm just outside Wymondham, Goodies in Pulham Market, Aldis & Sons in Framingham Earl, Green Pastures Plant Centre and Farm Shop in Bergh Apton and Yare Valley Farm Shop in Surlingham.



Follow @lovelocalspendlocal on Instagram to discover fantastic local food and products as well meeting some of the great people behind the businesses.



Take a walk on the wildside

7

We have been working with wildlife habitat experts Wildside to build a nature trail at East Hills Woods in Costessey that will inspire and engage children of all ages and abilities.

The trail includes a series of bespoke wildlife sculptures that encourage children to engage with their surroundings and use their imagination.

Tim Page, the owner of Wildside is the creator of our two outside classroom and learning spaces, one of which can be found in



East Hills Wood. The other is at Queen's Hills Community Park, which is used daily by Queen's Hill Primary School and regularly visited by the local community.

Tim created the new trail from trees that have had to be felled because they were dangerous. Sometimes Tim even uses the whole tree.

All the sculptures have a wildlife theme and include millipedes,

dragonflies, beetles, hedgehogs, frogs, alligators and even a dragon. The sculptures can be climbed on, sat on or just looked at, whatever takes your fancy.

East Hills Woods is a fantastic place to visit and is being brought back to life by a group of volunteers, using old woodland management techniques to improve the age structure of the woods and biodiversity.



DISS TOWN FOOTBALL CLUB

COMMUNITY DAY

When: 28th August, Midday-4pm

Where: Diss Town FC, Brewers Green Lane,
Diss, Norfolk, IP22 4QP

The future of our youth teams are under threat, so we're running a fund-raising community day to help keep them financially sustainable for years to come.

- Explore Craft Stalls, Sweets & Treats
- Enjoy Onsite Bar & Fresh Food
- Show off your skills in Football Challenges & Fun Games

Join us to save DTFC's youth teams and help secure the future of football in our community.



We have moved

We are now in our new home, the Horizon Building on Broadland Business Park.

The much lower running and maintenance costs of the Horizon Building will provide huge savings to the Council and any future increases in energy prices will be offset, thanks to lower running costs and the hundreds of solar panels that are already installed at the Horizon Building.

Our new home is also much more environmentally friendly, and the move will help the Council dramatically reduce our carbon footprint by around 84%. This huge reduction will help us reach our target of achieving Net Zero by 2030.

Another benefit of the Horizon Building is its easy access by public transport, and for those with cars, there is plenty of parking available with designated disabled parking spaces. There are also cycle racks for visitors to use.

How to get here

By rail

Local trains include:

Ely to Norwich

stopping at Shipping Hill, Lakenheath, Brandon, Thetford, Harling Road, Eccles Road, Attleborough, Spooner Row, Wymondham.

Ipswich to Norwich

stopping at Needham Market, Stowmarket, Diss.



The Octagon in Diss



Horizon Building on Broadland Business Park

For two thirds of our residents, the new office is the same, if not closer than our old office and we also have an outreach office in Diss. The Octagon, in the Mere's mouth, is a gateway to our services where residents can speak to a member of staff who will help resolve their queries online, put residents in touch with relevant services via the telephone or book a face to face meeting.

By bus

Local and express bus routes provide frequent access from Norwich and the surrounding areas the following routes stop at Broadland Business Park.

Konectbus

Route 5: Postwick Park and Ride - Yarmouth Road - Norwich Railway Station - Norwich City Centre.

First Eastern Counties

Route 15: Blofield Heath - Broadland Business Park - Norwich - Hethersett - Wymondham.

Route 15A: Lingwood - Broadland Business Park - Norwich - Hethersett - Wymondham.

Route 15B: Acle - Brundall - Broadland Business Park - Norwich - Hethersett - Wymondham.

The following routes stop at Primrose Crescent in Thorpe St Andrew:

Route 14: Blofield Heath - Plumstead - Thorpe St Andrew (Near Sainsburys) - Norwich - Cringleford - Hethersett - Wymondham.

Route 31: Costessey - Bowthorpe - Eaton Park - Castle Meadow - Railway Station - Thorpe St Andrew (Primrose Crescent) - Sprowston.

Seeing business succeed

9

Our Business Builder scheme is supporting businesses to grow and thrive.

Whether a start-up or an established company, we can offer support at every stage, providing practical help with grants, training, advice, mentoring and more.

One business to benefit from the scheme was Long Stratton Eye Care, previously known as M Sheppard Optometrist.

Sarah-Jane Smith took over the well-established opticians in 2020 and has grown the practice, attracting new customers, enabling her to take on new staff.

She said: "I was looking to rebrand and make the practice my own. I was also keen to move to larger premises and the help and support offered by the Council was just what I needed to make the transition."

"I was a bit sceptical at first, as it sounded too good to be true, but the Council have been brilliant and have really supported me to grow and develop my business."

The scheme covered 50% of Sarah-Jane's costs for new signage, promotional materials, uniforms and to adapt the new premises. She will also be making use of some of the courses on offer, including first aid and social media for business.

This project is part-funded by the UK Government through the UK Shared Prosperity Fund.

If you own a business in South Norfolk, make sure you have all the latest business support and information by contacting our Business Development Team, signing up to the newsletter and following us on socials.

business@southnorfolkandbroadland.gov.uk

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From budding entrepreneurs to big corporations, we are helping to boost our economy by supporting our business community through our Business Builder scheme.

**Cabinet Member Cllr
Lisa Neal**



Scan me



Supporting businesses in South Norfolk

Sign up for our Business support newsletter and join over 3,100 subscribers to receive our fortnightly update. We provide information about additional help and support available for you and your business from both the Council and other providers. Support includes business breakfasts, grant schemes, training courses, business and industry updates, business awards, available business premises and other information to help you grow your business.



Scan me



Celebrating our community heroes



On 30 June, we celebrated the fantastic volunteers working within our district at a special South Norfolk Community Awards event held at Glen Lodge at Bawburgh Golf Club.

Chairman James Easter welcomed all those shortlisted for an award and their guests.

Councillor Easter said: "I feel extremely honoured to host these awards and proud that we can give thanks to some truly remarkable people.

"Community spirit is thriving in South Norfolk and the accounts of volunteering and acts of selflessness are both moving and inspiring.

"I wish to congratulate all of our winners, finalists and nominees. You are the stars of our community and a shining example to all."

Clarion Futures, the charitable foundation of Clarion Housing Group, sponsored the event.

Matt Parsonage, Head of Communities at Clarion Futures, said: "We're delighted to have sponsored this year's South Norfolk Community Awards that celebrate the contributions of local businesses, community groups and volunteers. It's great to see people coming together to make a difference in their local area and I'd like to take

this opportunity to congratulate the winners who are a fantastic example of the power of community spirit."

The winner in each category received £250 to give to their chosen community group or voluntary organisation.



CLARION
HOUSING GROUP

Volunteer of the Year: Inekke Waloejo-Loke



Inekke is a key player in the Wymondham Community Outreach Project, a group of volunteers that respond to requests for support from local residents. She has volunteered 10 to 15 hours of her time each week, for the last three years. Her role is to manage and collate food parcels that are delivered to one hundred residents in the local area. Inekke orders and tailors the food parcels individually after getting to know each family's needs. Arnie McConnel collected the award on Inekke's behalf.

Business in the Community Award: Thurlton Community Shop



This small local shop is the hub of the village of Thurlton. They have over 30 volunteers that work tirelessly to support their community. They recently set up a 'warm hub' offering free hot drinks, a warm space and Wi-Fi access for those in need. The scheme also allows local writers and artists to have a space to sell and display their work, leading to an even greater community atmosphere. The volunteers also run the Good Neighbourhood's scheme offering help and assistance for those that are unable to attend doctor's or hospital appointments.

Green at Heart: Kings Dam Project



This community group in Gillingham look after their local environment through litter picks as well as maintaining the beautiful environment that surrounds the area. The group use their work to educate children on the importance of caring for the natural world around them and how to grow and cook their own food.

Helping Hand Award: Dennis Harris



Dennis, an Evri delivery driver, goes the extra mile for his customers in Diss. Over the years, he has fixed broken down cars and helped to replace heavy gas bottles for vulnerable residents on his rounds. Stories of his kindness and community spirit have even gained him a large Facebook following.

Community Hero Award: Catherine Upton Browning



Catherine has had a leading role with helping Ukrainian families within Diss and the surrounding area and she has gone above and beyond to support those displaced by the war. Catherine has organised coffee mornings and craft activities to help the displaced community stay connected and build new relationships.

Community Group of the Year: Star Throwers



Star Throwers is a charity based in Wymondham that supports people affected by cancer, helping over 250 people each year. They offer free information and support to anyone that has been diagnosed with cancer, as well as friends and family. Their services include therapeutic support, massage treatments, dietary and nutritional advice.

Young Hero of the Year: Chloe Francis



Chloe, aged 16, is a member of the Wymondham Community Outreach Team, a group of volunteers that support vulnerable residents in the town. They run a variety of food and clothes banks and delivery services. Since joining the group three years ago, Chloe has become an integral and hard-working member of the team. Her fellow volunteers constantly sing her praises and are amazed the levels of kindness and compassion she shows the residents they support.

Inspiration of the Year: Peter Bee and Glynn Jordan



Peter and Glynn have gone above and beyond to support families affected by the war in Ukraine. These two friends of forty years began fundraising and collecting donations in their local town, Harleston. The pair drive the donations the 1,300-mile trip to Lviv themselves, requiring a security escort from the locals for the last part of the journey. They have travelled to Ukraine on four occasions with donations and aid.

Meet your Councillors

In May, there was a local election where residents had the chance to vote on who they wanted to represent them at South Norfolk Council. Meet your new councillors here.



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 Conservative Group

 Labour Group

 Liberal Democrats

 Independent

Ten things to do this summer on a budget!

Taking the family out this summer doesn't have to be expensive. There are plenty of places to visit right on our doorstep, which will keep all ages entertained for free or at low-cost.



1 Take a trip to Earsham Wetland Centre and visit the animals. There's also a café, picnic tables and toilet facilities. Look out for free events.

2 Discover the site of East Anglia's largest Roman Town and imagine what life was like 2,000 years ago as you wander around what remains of Venta Icenorum in Caistor St Edmund.



3 Enjoy a lovely circular walk around Ladybelt Country Park, through woodland and open grassland with a few 'finds' along the way. Car parking and a few picnic tables on site.

4 Visit Diss Mere, the perfect spot for a picnic and ice cream, with a fantastic play area for the children to explore.

5 Transport yourself into the past with our free Wym Trails VR app which takes you on a walk through time in Wymondham. Search Wym Trails to find out more.

6 Marvel at the beauty of the 900-year-old Wymondham Abbey, full of wonderful artifacts and incredible history.

7 Rainy days don't have to be boring either. Bananas Soft Play in Long Stratton Leisure Centre, or Jump Warehouse in Diss, are heaps of fun and will tire out those little legs.

8 Stroll around the Chet River Circular that starts at the stunning Loddon Staithe, with its weeping willows and beautiful views. The walk forms part of the Platinum Jubilee Trail 2023, for more info and a map visit platinumjubileenorfolk.org/jubilee-trails

9 Explore Harleston's independent shops and eateries, or head to the park for a picnic and some playtime.

10 Enjoy a picnic, walk or cycle ride at Whitlingham Country Park.

For a push-the-boat-out day, visit Bressingham Steam Museum and gardens, ride the gallopers, explore the beautiful gardens, ride the steam engines and visit the Dad's Army Museum.

Whatever your budget is, South Norfolk's got you covered for great days out!



Changing Places for the better

Over 250,000 people in the UK need Changing Places Toilets to enable them to get out and about and enjoy the day-to-day activities which many of us take for granted.

These accessible toilets have already been installed at Whitlingham Country Park and will soon be opening at Earsham Wetland Centre.

The new facilities have more space and equipment, including a height adjustable changing bench, a peninsular toilet and a ceiling hoist.

The Changing Places Consortium contributed £50,000, South Norfolk Council £30,000 and the venues themselves funded the project with £20,000.

For more information

Please visit:
changing-places.org





Heritage open days

South Norfolk's heritage sites are once again throwing open their doors from the 8 to 17 September. This is a great chance to see hidden places and try out new experiences, all of which are free to explore.

During the week-long celebrations, Diss Corn Hall will be inviting visitors on a guided behind the scenes tour. You'll be able to visit the medieval Church of St Edmund in Costessey, and climb to the belfry to see the newly restored bells. Or you could enjoy a tour of the John Innes Centre's rare botanical books and

listen to an illustrated talk on plants and gardens as medicine in Chaucer's England by historian Dr Joy Hawkins.

Sir Nicholas Bacon will be giving visitors the rare opportunity to visit Raveningham Hall and view some of the art on display. St Andrews Church in Eaton, is also taking part, why not pop in and check out the surviving medieval paintings?

Make sure you visit Wymondham where the week-long celebrations culminate in Wymondham Vintage Day on the 17 September.

Come along and learn about the town's rich history, browse classic cars and market stalls, discover heritage land management techniques and picnic along the river Tiffey.

Explore Wymondham Heritage Museum and the Market Cross. Drop by Wymondham Arts Centre in the newly restored Becket's Chapel and check out the local art exhibition.

Wymondham Abbey will also be providing hourly tours with visitors invited to climb the bell tower and the Mid-Norfolk Railway's Wymondham Abbey station will also be open.

While all the activities are free, some may need to be booked. To find out more, visit heritageopendays.org.uk


heritage open days

Walking for health

Improve your mental and physical health by taking part in a local wellbeing walk.

Enjoy walking as part of a friendly group using the network of local footpaths, quiet back lanes, woodlands and river valleys.

Walking for health is not 'rambling' but not 'power walking' either. You will be encouraged to walk at a pace where you get the best benefit from moderate exercise. It will get your heart beating a little faster, but you won't be out of breath!

Regular walking helps to reduce the risk of heart disease, diabetes, Alzheimer's disease, bowel cancer, strokes, osteoporosis, high blood pressure, anxiety, depression and arthritis.



It can also give you more energy and confidence and help you to sleep better.

Walks take place across the district, covering areas such as Costessey, Swardston Common and Frenze Beck.



Scan me

Sign up and save this summer

Sign up to our special summer leisure membership offer and get your first month's direct debit at half price.

Joining South Norfolk Leisure gives you unlimited access to all five of our centres, including Diss Leisure Centre, Framingham Earl Sports Centre, Kett's Park, Long Stratton and Wymondham Leisure Centre.

As a member you will have unlimited access to the state-of-the-art equipment at our gyms, priority booking for over 170 different classes and use of our swimming pools, as well as spa discount. You will also have access to the Thermal Suite at Wymondham Leisure Centre and the steam and sauna facilities at Diss Leisure Centre.

Join by 31 August to take advantage of this special offer and enjoy all these amazing benefits!



Calling all students

Keep yourself fit and active during the summer holiday and take advantage of South Norfolk Leisure's Student Leisure membership.

You can become a Student Member at the Council's leisure centres in Diss, Long Stratton, Kett's Park, Framingham Earl and Wymondham, gaining access to all five sites for just £27 for four weeks.

To qualify you must be 16 years of age or older and in full time education - proof of student status will be required.

Visit our new website

Our brand new streamlined South Norfolk Leisure website is now live! Check it out for easy-to-find information about what our Leisure Centres have to offer. Become a member online, find and book your favourite class or find a new activity for you and all the family to enjoy. You can even take a virtual tour around our centres. Visit southnorfolkleisure.co.uk today.



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Leisure

South Norfolk
COUNCIL

FREE ONE DAY FITNESS PASS

Try our facilities for **FREE** with this one-day fitness pass. This voucher gives you access to all the facilities at one of our Leisure Centres. Just present this at reception on arrival. This voucher expires 31 August.



Tear me
out



Kids Camp is open for the summer

Our Ofsted registered Kids Camps have opened their doors for the school holidays. Kids Camp gets young people involved in a whole range of exciting activities and new challenges to keep them active and entertained.

With activities like swimming, football, painting, clay modelling and much more, there's something for everyone. Throughout the day there will often be two activities running at the same time so there is a choice between arts and crafts or sport and games.

There will also be lots of fun with Mini Monsters, Mad Science and Let's Dance silent disco!

All of the activities are age appropriate and designed and instructed by staff who are dedicated to ensuring that the experience is both positive and challenging.

Children aged 5-15 can attend between 8.30am and 5pm and enjoy a programme full of sports, games and craft activities including the exclusive use of the swimming pool at Wymondham Leisure Centre and Bananas Soft Play at Long Stratton Leisure Centre.

Bookings are now being taken online at southnorfolkleisure.co.uk

For more information visit our new website.



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Go Bananas at Long Stratton soft play

Swing into Bananas Soft Play, three storeys of jungle fun in Long Stratton Leisure Centre and you could be a winner!

This summer it's just £5.50 for two children and if you make a booking during the holidays, you will be entered into a draw to win one month's free soft play membership.

Bananas Soft Play includes rope bridges, tunnels, rollers, dangly snakes and a twin lane wavy slide plus much more. There's tonnes of space for kids to climb and play and a separate toddlers area too.

There is also a fantastic cafe offering hot and cold drinks, light lunches and healthy snacks where you can meet up with family and friends, or simply unwind with a magazine and a coffee while your child plays.

Bananas Soft Play is open 7 days a week 9:00am to 3.45pm during the Summer Holidays.

 **Bananas**
Soft Play



eama10K
EAST ANGLIAN MOTOR AUCTIONS



Ready, steady, sign up today!

Get a head start by signing up now for our EAMA 10K, taking place on Sunday 19 November.

Starting in Wymondham, this popular road race winds its way through the countryside lanes between the beautiful market town and the hamlet of Morley.

This race is great for beginners and more seasoned athletes as it's on flat, open roads.

Cabinet Member Cllr Kim Carsok, said: "The race is open to all ages and abilities and there's always a fantastic supportive atmosphere, so whether it's your first 10k, or if you're looking to beat your personal best, then sign up today!"

If you're lucky enough to be running the 2024 London Marathon, the EAMA 10K offers you the opportunity to test your pace and create a training plan ready for the big day.

Friendly marshals and spectators will line the route, so runners are supported all the way round. The top 3 male and female athletes will receive trophies, as well as the winners of each age group up to 70 years.

East Anglian Motor Auctions continue to sponsor the race which is now in its 4th year. EAMA are a local family run business that span 3 generations and can be found on Copper Smith Way, Wymondham, NR18 0WY.

To find out more and book your place, please visit our website or search for 'EAMA 10k'. Affiliated places are £17, non-affiliated are £19 and on completion of the run you'll receive a finisher vest and medal.



Scan me



A new chapter for community funding

Our new Pride in Place initiative has been making key improvements to your community spaces.

Pride in Place grants are available to local town and parish councils, community groups, and voluntary groups, to make your local environment feel safe and look attractive, help your community venues thrive and fund community-led projects that foster a sense of belonging.

Most recently, funding has been allocated to community bookshop Kett's Books in Wymondham. The money will help to renovate new premises in the market place.

"This is such an exciting time for the book shop and for the local community," reveals co-founder Tracy Kenny. "We have lots of new volunteers already planning new events and activities that

will bring people together in our fantastic new space."

"Local interior designer Jack Kinsey (runner up of BBC1's Interior Design Masters) will be designing the new premises, so it really is going to be a complete transformation!"

Community is at the heart of what we do as a council, and we want to tap into our residents' incredible local knowledge so that we can improve our district together.

Cabinet Member Cllr Kim Carsok, said: "All communities have features that their residents take pride in and these help us form our sense of place identity and belonging, such as a beautiful park full of flowers, a buzzing high street or a village hall that brings people together for events and activities.

"We are working with you to give you the power to make decisions and allocate funding, so that we can build resilient and safe neighbourhoods that people want to live, work, play and learn in."

This project is funded by the UK Government through the UK Shared Prosperity Fund.

If you have ideas for how you would improve your community facilities or develop more, and build community spirit in your neighbourhoods, please visit **southnorfolkandbroadland.gov.uk/prideinplace**



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Volunteers bag cash prizes



Hundreds of volunteers joined in South Norfolk Council's Big Litter Pick 2023 earlier in the year.

Over 50 groups from across the district took to the streets and community spaces to rid their local area of litter. Over 608 bags of recycling and rubbish were collected at the event which ran from March to June.

Cabinet Member Cllr Keith Kiddie said: "What a fantastic effort by all our wonderful volunteers.

Not only does the district look absolutely brilliant, but it's also much safer for our wildlife, they should be very proud of their achievement. Thank you to all the groups that took part to help keep the district looking its best."

Every group that took part was given a £20 voucher to be spent on their group, charity or local community and a share from our £4,000 prize fund.

Next year we would love to make our litter pick bigger and better,

so if you'd like to take part, please email contractsofficer@southnorfolkandbroadland.gov.uk



Find out more

Our litter picking equipment is available all year round for communities to borrow. For more information visit southnorfolkandbroadland.gov.uk/snC-LitterPick



Scan me

Millions of pounds to help homeowners save energy

21

Working with our Norfolk Warm Homes partners, we have successfully secured £3.4 million of Government funding to improve the energy efficiency of privately owned homes in Norfolk.

Grants of up to £38,000 are available to low income households that are off the mains gas grid for improvements such as loft and wall insulation, air source heat pumps and solar panels.

The energy efficient measures will reduce homeowners' carbon emissions, helping the UK meet its 2050 net zero target.

All grants are subject to survey, the home's suitability for works and the Energy Performance Certificate (EPC) rating.

Eligible properties must be privately owned and have an EPC rating of D, E, F or G.



To qualify for funding, home owners should have a gross annual household income of £31,000 or less, or £20,000 after paying mortgage or rent, or be an owner-occupier in receipt of means tested benefit. Landlords will need to contribute a minimum of 1/3 of the total costs.

If you think that you meet the above criteria,
call us today on 01603 430 103
or visit: norfolkwarmhomes.org.uk



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One less thing to remember!

We all lead such busy lives, that it's easy to forget to put the bin out. But now you don't have to remember, just download our bin app on your phone and we will remind you when to put which bin out – easy!

Download today and make sure you never miss another bin collection!

The app also keeps you up to date of any collection changes and provides information on what you can and can't recycle. It even has a waste sorting game to play so you can brush up on your recycling skills!

Please note: there will be no changes to bin collection days over the August bank holiday.



Download the free South Norfolk Bin's app today by visiting the App Store or Google Play and searching Bins SNC.

Helping first time buyers

A new scheme has been launched to help first time buyers get a foot on the property ladder.

The First Homes scheme is a government initiative that offers eligible first-time buyers the chance to buy new, affordable, energy efficient homes in their local area at a discount of at least 30% of the market value.

The scheme is designed to help local residents remain in the areas where they grew up and enable them to stay close to family and friends. Using the First

Homes scheme can also help by lowering the amount of deposit needed and by helping to make mortgages more affordable too.

To be eligible for the scheme you must be: 18 or older, a first-time buyer, able to get a mortgage for at least half the price of the home and have a total household income of no more than £80,000. Priority will also be given to people who already live or work in the South Norfolk area, essential workers and members of the armed forces.

Every home that is sold is valued by an independent surveyor to make sure the discount is based on actual market value. The cost of the house is also capped at £250,000, after the 30% discount has been taken off.

When it comes time to move on, the house can only be sold to someone who is eligible to buy a First Home. They must be given the same percentage discount, based on the home's market value at the time of sale.

These first homes were delivered as part of a pilot scheme.



If you are a first-time buyer who is struggling to save for a deposit, the First Homes scheme could be a great option for you. To find out more about the First Homes scheme and to check if you are eligible please visit: gov.uk/first-homes-scheme

Funding opens doors for local families

Two vacant homes that were heading for auction have been transformed into modern affordable accommodation for local families.

Working with Saffron Housing Trust, we contributed over £80,000 to renovate the three bedroom properties, in Wymondham and Stoke Holy Cross. Saffron put another £36,000 towards the work.

Both homes benefited from a complete overhaul, including energy efficient measures, which took the EPC rating from D to A and will ensure low running costs for tenants.

Works included a new roof, new doors and windows, solar panels, insulation under the floor and a complete refit of the kitchens and bathrooms.

Cabinet member, Cllr Kim Carsok said: "We understand how important it is for people to have an affordable home that is safe and warm. Investing in these properties has brought two previously derelict homes back into use and enabled two families to have a key to their own front door."



Diss and Wymondham champion mental health

Wymondham and Diss have been declared 'Mindful Towns' as part of our project to support people suffering with mental health issues in the district.

We have worked with partner organisations to provide free training sessions as part of the Mindful Towns and Villages project (MTVP), enabling people in the towns to become certified Wellbeing Champions.

The project ensures that immediate support is available in the community and in the workplace while raising awareness of mental health issues and challenging the associated stigma.

Cabinet Member, Cllr Kim Carsok, said:
"No one should have to face mental health issues alone. Our initiative encourages a compassionate, understanding and supportive community that are well equipped to provide care, empathy, and practical support to those who need it."

We are working with the Norfolk and Suffolk Foundation Trust's Wellbeing Service and workplace health provider Thriving Workplaces to train the towns' new Wellbeing Champions, with funding from the Department of Health's Health and Wellbeing Board.

Our Help Hub is supporting all of the newly created Wellbeing Champions, including Councillor Suzanne Nuri-Nixon (pictured) and the Help Hub has recruited a Mental Health Support Worker to talk through residents' concerns and provide advice on next steps, and the different services available.

All organisations that take part in the Mindful Towns and Villages Project will receive branding that shows they're certified, in recognition of their commitment and training.



Scan me

MTVP will be rolling out across the district, so if you are a community group, a business or an organisation in South Norfolk that would like to have free mental health training, go to southnorfolkandbroadland.gov.uk/communities/mindful-towns-villages to find out more and sign up.



How has being a youth leader shaped your life? #ASKME

'St John has been a phenomenal part of my life - from gaining new skills to teaching others basic life skills and teaching cadets. It has allowed me to grow into who I am today.'



- Shahid Quadar, Youth Leader

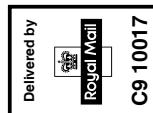
St John Ambulance is opening a new Cadet Unit!
And we need YOU!
Come, inspire, teach young people in your community!

As the Cadets learn & develop, so will you.
 You'll gain communication, listening and presentation skills and grow in confidence. You'll learn First Aid and leadership with our training. Under your leadership, young volunteers will develop their potential, they will learn vital first aid skills that they can deliver at events and activities around the country.
 As a unit of adults and young people together, you will have a real impact on your community.

Find out more about the role



www.sja.org.uk



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 One Team

