IMAGINE NORFOLK TOGETHER newsletter

The coronation of King Charles III takes place on 6th May. Whether one is a keen supporter of the royal family, or you feel they're an unnecessary expense, Coronation Day provides a good opportunity for the community to come together and party. But I wonder what we mean by the word community. What are characteristics of a healthy community?

The Local Government Association (LGA) talks about cohesive communities. They describe them as being places that:

- offer a common vision and a sense of belonging for all
- positively value diversity
- provide equal opportunities to people from different backgrounds and
- provide an environment where strong and positive relationships can be developed between people from different backgrounds in the workplace, in schools and within neighbourhoods.

Promoting community cohesion includes encouraging positive interaction between people from different backgrounds and seeking to remove barriers. It is about including people and helping them to feel a sense of belonging. Whether people are from different racial backgrounds or have a different faith, all are welcome.

Perhaps one of the best indicators of a healthy community is evidenced in people's ability to listen to one another. A healthy community recognizes that everyone matters and deserves to be heard, including the weak, the lonely and the marginalized. It includes the argumentative, the awkward, and those who don't agree with us.

Everyone has a life story that needs to be heard. Often, in the telling, we come to understand ourselves better, and in the listening, we begin to better understand the storyteller. When we learn the backstory, we begin to realize that the other person is just as complicated as us, and our compassion grows. In sharing our story with honesty and vulnerability, seeds of lasting friendship can be planted.

In my childhood, I was regularly reminded that I was given only one mouth but two ears, suggesting that listening was twice as important. James, in the New Testament, made a similar point saying, 'Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.' James 1:19

Having moved house fairly recently, I am still getting to know my neighbours. Our Tea Party on Coronation Day will be a welcome opportunity to hear some of their stories and become a little more integrated into my local community. Thank you, King Charles.

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NEWS

Kings Lynn Night Shelter seeks a Trustee

King's Lynn Night Shelter is a Registered Charity established in 2017 to provide emergency accommodation and assistance for anyone with nowhere safe to stay. We are currently open for nine months of the year October-June with 24-hour accommodation for 8 guests in single rooms. The Night Shelter employs a team of paid staff, led by a Co-ordinator, and supported by a number of volunteers. The Night Shelter Trustees have an essential role in ensuring the Charity is fulfilling its objectives, is taking a responsible approach to its funds, is working within the law, and is planning for the future.

Find out more

Borough Council of King's Lynn & West Norfolk

Household Support Fund update

The DWP Household Support Fund is £13.39m that the Government has given Norfolk to support residents who are struggling to pay their energy and utility bills. This includes support for single households, families with or without children, older people and disabled people. This funding runs from April 2023 to March 2024.
The scheme will:

- Provide the **Norfolk Assistance Scheme** with funding to cover expected demand for utilities and fuel support including the purchase of oil
- Provide funding to District Councils to identify and support vulnerable households who live in cold homes or who are experiencing higher energy costs due to health needs
- Work with local voluntary sector organisations and charities providing grants for energy bill payments
- Enable all Norfolk libraries to continue to offer free hygiene packs with essential toiletry and sanitary products

The **Norfolk Assistance Scheme** will continue to play a key role.

The Household Support funding follows on from the £6.67m Norfolk received from the Government in October 2022, which we used to support people over the winter period. We successfully drew down all of the funding from this phase and we have used what we learnt to develop our new targeted approach, focused on providing help to the widest groups of residents needing support.
If you would like to refer someone within the West Norfolk area to see if they are able to receive support from this fund please complete the application form which can be found here. Please complete as much information as possible on these forms to help us to support people most appropriately. Be aware that we may need to ask for bank statements from clients to support applications.

Judith Berry, Community Health & Wellbeing Manager, Careline Community Service
Tel: 01553 616802

Emergency Alert System Testing

On Sunday 23rd April 2023, the Government will be testing an emergency alert system, which will send an alert to every mobile phone in the UK. The alert will make a siren noise and vibrate for around 10 seconds, with users unable to access their device until they clear the alert. Please be aware this is still expected to happen even if the phone is on silent mode. To read more about the alert click here.
This could impact survivors of domestic abuse who have another phone or are hiding their phone from the perpetrator. National charity Refuge have created a useful video to let survivors know how to turn the alert off on both Android phones and iPhones.

EVENTS

Planning for the Coronation

New webinar added, a pastoral letter from the Archbishops of Canterbury and York as well as other resources. The main resource page is here: The Coronation of King Charles III I The Church of England

Key dates for your diary:

- 6 May - The Coronation of King Charles III
- 6 - 8 May - The Coronation Big Lunch
- 7 May - The Coronation Concert Sunday
- 8 May - The Big 'Help Out' Monday

Resources:

- Resources for churches
- Pastoral letter from the Archbishops of Canterbury and York
- Resources for young people and families
- Sign up to free daily Coronation reflection emails
- Find out about the community celebrations and volunteering opportunities
- Book and borrow resources from the Diocese Resource Centre

Events:
Are you planning a picnic, street party fete or fair? You can add it to the national map here: Get involved – Coronation of His Majesty The King & Her Majesty The Queen Consort
You could also register your event on ACNY. A Church Near You cofe.io/ListCoronationEvents
Or to the Diocese website for a wider reach: Add your event — Diocese of Norwich

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The Big Help Out!

On Monday 8th May 2023, there will be a National Day of Volunteering to mark the King's Coronation called 'The Big Help Out'. People are being encouraged to use this time to get involved in community activities. The Big Help Out campaign has been designed to showcase how volunteering benefits both communities and individuals. It is hoped that the legacy of this national day will be that more people from a wider range of backgrounds decide to volunteer. It's also hoped that it will ultimately help reverse the decline in volunteering.

How can you and your organisation tap into this and make the most of the Big Help Out?

Find out more

Jo Cox Foundation: Great Get Together

Why not get involved with this year's Great Get Together! Run by the Jo Cox Foundation, the Great Get Together celebrates what unites us and rejects division, inspired by Jo Cox's message that we have more in common than that which divides us.

Read more

Changes

Supporting those affected by bereavement.

If you would like to meet with others in a safe, supportive environment, please join us on **1st Thursday** of the month from **6.30-8.00pm** Refreshments provided. Open to all faiths or none.

St Faith's Church
Community Hub
Gayton Road
King's Lynn PE30 4DZ Contact Sue : 07485001547

Heritage Volunteers Day

King's Lynn Civic Society are hosting a 'Volunteering Fair' at King's Lynn Town Hall in a bid to attract new supporters for key heritage and environmental groups in the town. The event will take place on Saturday 17th June 2023. It will run from 10.00 a.m. to 4.00 p.m. The programme will include a series of 10-minutes talks by volunteer groups and talks by Dr Paul Richards (local historian) and Tim Fitzhigham.

THE NORFOLK HOSPICE TAPPING HOUSE

Tulips for Tapping House

The Norfolk Hospice Tapping House and tulip grower Mark Eves of Belmont Nurseries are thrilled to announce the return of Tulips for Tapping once again this Spring. The unique event, which will take place from Thursday 27th April to Monday 8th May (closed Tuesday 2nd and Wednesday 3rd May) is a rare chance to visit and walk through working tulip fields, taking advantage of special photo opportunities and enjoying a day out unlike any other in the country.

More information

LINKING LIVES UK

Improving quality of life through friendship

Linking Lives Conference

Everyone is welcome to the Linking Lives Annual Online Conference on **Tuesday 16th May, 10am-3pm.** This year the theme is '**Together for the Journey**' and they will be sharing not only about the impact they are making, but also how churches can be equipped and refreshed for *the* journey.

Book your free place here

Norfolk Small Charities Showcase

Saturday 22nd April

Norfolk based charities with an annual income under £250,000 have a great opportunity to promote their services and attract funding and volunteers by applying for a free stall at this new event, or attending skills workshops aimed at providing information on fundraising, recruiting and retaining volunteers, making the most of digital and marketing and managing events.

Find out more

TRAINING

Everyday First Aid Training for West Norfolk VCSEs

This is an interactive workshop run by the British Red Cross

As a result of the workshop you will learn to :

- Perform essential first aid skills
- Build confidence
- Assess and manage risks

CONTENT

Barriers to action - Burns - Broken bone - Head injury - Bleeding - Using an AED - Unresponsive (Breathing and Not Breathing) - Calling 999

Online: 11th May 2023 10.30am - 12.00pm

Please contact Jackie to book a place at jackie.cushing@communityactionnorfolk.org.uk

Please let us know if you have any learning needs when booking

Empowering Communities Training

Managing Service Users Information (GDPR)

This 2 hour on-line Teams training session provides those working in Norfolk based voluntary, community and social enterprise organisations with easy-to-understand guidance about their GDPR responsibilities.

The Training Covers:

- Understanding your responsibilities
- What constitutes individual information
- How to keep this information safe
- What to do when there is a breach
- and more.....

Time: 10am- 12pm via Teams

Date: 18th May 2023

To book a place please email
jackie.cushing@communityactionnorfolk.org.uk

CHURCH URBAN FUND

Getting to Know Your Community Better

Wednesday 17th May, 11am - 12 noon

Do you know churches who would like to better understand their community, so they can be better placed to know how to interact with and serve it?

In this one-hour online session for churches we'll talk through simple tools and processes that you can do to think about your church in relation to the communities you seek to serve (e.g. effective prayer walks, neighbourhood mapping exercises and community consultations).

We'll consider how you can reflect on how your church is seen by others, to listen to the wider community, celebrate its strengths and have a deeper understanding of its needs.

A ll the tools and ideas we'll talk about are part of Know Your Church, Know Your Neighbourhood (KYCKYN) - a free, facilitated course you can run with a small group of church members. We'll talk about how to get started in running the course and practical tips to make it really worth your while.

Book online here

Free Loneliness Training

Civil Society Consulting

Civil Society Consulting (CIC) is delivering the Campaign to End Loneliness Learning Programme, an interactive course that supports participants to tackle Loneliness on a community level in May and June, in partnership with West Norfolk Carers in Kings Lynn.
If you are a grassroots organisation or community leader local to King's Lynn & West Norfolk and want to learn more about this free learning and capacity-building opportunity, come along to an informal online information session on Thursday 20 April 2023 at 4pm. Register here or click here for more information.

Norfolk Safeguarding Children Partnership

Free Mental Health Training

The Anna Freud Centre, Charlie Waller Trust and National Children's Bureau are offering a comprehensive Mental Health training program, funded by Health Education England, specifically designed for those who work or volunteer with children.
This training will provide you with the knowledge and tools you will need to better understand and support the Mental Health needs of children and young people. To book your place please visit the NSCP website training page.

Free coaching for social enterprise leaders

Adam Clark Coaching & Consulting is pleased to offer a unique opportunity of free coaching for social enterprises. It's intended for social enterprise leaders in Norwich to experience how coaching can help them at no cost.

Between March and July 2023, he is offering 4 local social enterprise leaders 3 free 45 minute coaching sessions each to support the development of a vibrant social enterprise ecosystem in Norwich.

Find out more

My Charity Commission Account advice and information

There are some important updates from the Government relating to submitting your Charity's annual return and how to set up a 'My Charity Commission Account'. This is a new way for trustees and charity contacts to access the Charity Commission's online services. It can also be used by other people you have authorised, such as your accountant or lawyer. Over time, through 'My Charity Commission Account', you will receive tailored support and information to help you to run your charity well.

More info

About Fundraising

April 25 @ 10:00 am - 3:00 pm

NCF are putting on another of their regular “Ask Us” sessions. This time about fundraising.

Are you struggling to find new ways to ask for money from your supporters? Have you got so many ideas you’re not quite sure which one to go with first? Ask us anything about your fundraising plans for 2023 and we can help you make a difference.

Each month the team from Unbound will be on hand to answer any questions you may have about your charity’s design, marketing and fundraising needs, helping you to achieve better engagement, long term growth and financial stability.

Unbound is a creative agency specialising in charities. They understand your unique challenges, and the need to get your message heard. Their human first approach will help you realise the true potential of your audiences and transform a moment of help, into a lifetime of support.

Book a place

COST OF LIVING

Guidance on tackling cost of living

The VCSE Health and Wellbeing Alliance, of which FaithAction is apart, has launched a new resource, **‘Tackling the cost of living crisis and impacts on health and wellbeing: Key actions health and care policy makers, commissioners and providerorganisations can take’.**

The resource, which brings together insights from across the Voluntary, Community and Social Enterprise sector, discusses how the cost of living crisis is having a significant impact on health and wellbeing with particularly acute challenges being faced by groups who already face health inequalities.

Download the guidance

Money Help Hub is Live

Just Finance Foundation have launched the Money Help Hub: an accessible resource to explore financial pressures and issues that communities are currently facing due to the cost-of-living crisis. It contains short guides offering practical ideas for cutting costs, keeping track of spending and looking after wellbeing. For those who feel that their situation has gone beyond that and are struggling to handle things alone, there is a range of signposting to further professional support.

Alongside the resources for individuals, there is a community leaders section. Here you will find; a Money Talks Guide, that looks at spotting the signs that someone might be struggling financially, along with some simple conversation starters to begin to open up a dialogue; and a Toolkit, designed to enable community leaders to build their own course around the Money Help Hub guides, with flexible session formats that can be adapted for different purposes.

Visit the Money Help Hub

REPORTS

CAF
Charities Aid Foundation

Research into Charity Resilience

Charities have been a lifeline to millions this winter – providing food, warmth and support for the vulnerable. CAF surveyed more than 1,300 organisations across the UK over the past four challenging months.

The report recommends prioritising resilience-building, engaging with donors, and taking advantage of the many resources now available to charities to help them manage the crisis.

Read the report

Samaritans: Economic disadvantage, suicide and self-harm

The Samaritans, with partners from the Suicide Prevention Consortium, part of the VCSE Health & Wellbeing Alliance, have been exploring the relationship between economic disadvantage, suicide risk and self-harm in people's own words.

Read more

Ending the need for Foodbanks

Following several months of research, the landmark inquiry by the All Party Parliamentary Group (APPG) on Ending the Need for Food Banks published their findings on *Cash or Food? Exploring effective responses to destitution* yesterday.

Some of the recommendations made in the report highlight:

- Local crisis support should be both effective and dignified, and cash-first approaches should be the default response to supporting people experiencing financial hardship.
- Support must be accessible to all, ensuring that no one is excluded, and offer a range of suitable options depending on people's individual needs.
- A call for funding from the government to develop and coordinate strong local support systems so that no one has to turn to a food bank as a first port of call.

We hope that you find the report insightful and helpful with raising awareness of how you can create change within your local community.

Warmest wishes,

Beatrice Orchard
Senior Policy & Public Affairs Manager

Read the report

LET'S TALK...

I would love to hear from you to discuss any of the following things:

- How you are getting involved in your local community, and any good news stories about the difference this is making
- Events you are running, which welcome the local community
- If you would like me to visit your church, church meeting or group
- Anything you would find useful in future editions of this letter
- Just to say hello!

Andrew Frere-Smith
t: 07949 964932
e: andrew.frere-smith@dioceseofnorwich.org

Imagine Norfolk Together is a partnership between the Diocese of Norwich and the Church Urban Fund. We support local churches creating stronger communities through social action.

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