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Each day I worrion how much longer this glorious weather will continue. I like to think it will last forever. If I wake up to a grey sky, I'm disappointed! Each day I wonder how much longer we will be able to see our loved ones. I know it's unrealistic, but I don't want to stop! I don't want to let the seasons change.

I think we all hope the good times will last for ever. In truth, we know life is not all sunshine. It can be grey, wet, and miserable. We cannot pretend that darker days will not come. We know that the cold and miserable days will be upon us before we know it and around the corner, we know that for many people, the days could become very grey and cold.

We need to prepare for the winter and do whatever we can to support people in our community. It needn't be complicated. In recent years public libraries have evolved into vital hubs for people in their locality. As well as providing books, journals, computers, reference and music libraries they often host social groups, offer a place to meet, have a cup of tea, and a chat. Libraries like Roy Rounce and Plumo, and a list, did just that, and all the activities hosted by King's Lynn Library. For many people the library has become an important destination. It is warm, welcoming and interesting. It is a place where loving people can socialise, and new friendships can be made. The best libraries are those that are able to offer a welcome to people in their community and responded with imagination and enthusiasm.

I wonder whether the winter some of our churches or church halls could be used in similarly imaginative ways. That is not to say that we should replace what is done elsewhere but simply be willing to open our spaces and listen to the people in our community. Recently people have started talking about the need for drop-ins that simply offer warmth and light - a warm welcome and a cup of tea or coffee. Perhaps, this winter, we need to be willing to darken our doorsteps and take away the church out of the church and light it!

Jesus taught his disciples that they should share their light. His words seem just as relevant today as they did 2000 years ago.

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Andrew

foodbank

Funding
NCF - Tackling the cost-of-living crisis

News
New Market at St. Faith's Gaywood
Foodbank needs work teams this December

Events
North Lynn Community Fete 3rd September
Gaywood Horticulturalist 6th September
Hog Roast & AGM 12th September
Churches Together: AGM 21st September
Mindful Walking Groups: various dates

Training
Empowering Communities: Developing volunteers 13th September
Empowering Communities: Dementia Friends 21st September
Family Futures Earth Programme at Oxburgh Hall & Binham Priory: various dates

Resources
Free Manaaia resources from Growing Good

Reports
Joseph Rowntree Foundation: Deepening poverty in UK
Groundwork: Empowering Communities

FUNDING

Preparing for winter: Tackling the cost-of-living crisis

We are all aware of the increasing challenges ahead, not least those resulting from the escalating cost of living. Local charities and community groups will play a key role in supporting people as they feel the impact of rising fuel prices and inflation - and it helping prepare you for this work the Norfolk Community Foundation have launched two funds:

- **The Household Support Fund**
- **Empowering Communities for Winter Resilience**

Please note: it is the last chance for Norfolk VCSEs to apply for the **Household Support Fund** which is for organisations working with people who are struggling with food and other regular utility bills. This round of the fund closes on 28th of August 2022.

Find out more

NEWS

New Rector at St. Faiths Gaywood

The community of St. Faith's Church, Gaywood, is looking forward to welcoming the Revd Kyla Sorensen as the new Team Rector in September.

More

Foodbank needs work teams this December

foodbank

CALLING ALL CORPORATE/PRISON TEAMS - WE NEED YOU!
Fancy a day out from the office or up to some team work? Want to do something great for your local community?
Our Christmas food drive at local supermarkets is really important to keep our food bank stocked and ready for the busy festive period, and if you and some colleagues could spare some time at all to help over Thursday 1st December - Saturday 3rd December or have any further questions, then please contact:
swaya@kingslynn.foodbank.org.uk

King's Lynn Foodbank

EVENTS

GAP
NORTH NORFOLK

Hog Roast & AGM

Monday 12th September 6.30pm start
@ The King's Centre
Wootwong Street, King's Lynn, PE30 1QD

Join us for a celebration of the work of King's Lynn Debt Centre

Hog Roast - Client Stories - Volunteer testimonies

RSVP by Wednesday 31st August to Emily
Email: emilyham@gap.org or text/call 07495 017364

Speakout! Homelessness 6th September

You're invited

Please come to our Speakout! to discuss how you should be involved in turning ardor into action. We plan to have a mixture of people with lived office you and – most importantly – what you want to do next.

When & where?

St King's Lynn on Tuesday 6th September, 10am-12pm, Hunstanton Community Centre, King's Lynn PE30 4JJ

As a thank you...

A £20 voucher for people who come to a personal capacity, let know your time in advance.

To get involved RSVP to emailing or phone or whatsapp:
07495 017364 | gap@gap.org.uk

Why?

Homeless, or threatened, more we have ambitions.

The **Norfolk Strategic Housing Partnership** brings together housing providers, local authorities, voluntary sector, health, housing associations, health, police and probation services. Together they want the Norfolk Homelessness Strategy 2019-2023. The strategy says the Norfolk aim is "homelessness prevention".

We want people who have experienced homelessness and lived experience of homelessness coming forward with ideas.

Who will be there?

Groundwork - we will facilitate the event. We want to enable people with experience of homelessness to create activities and ideas for homelessness prevention strategy. It doesn't all on one day anyway. It could be a series of events. It could be a series of conversations. It could be – only an. We bring people together to create ideas for homelessness prevention.

People from your local area - including people who have experienced homelessness (current or past), the workers and other staff in support – including housing, health, mental health, drug and alcohol support, and other relevant services.

And you ☺

Churches Together AGM

CHURCHES TOGETHER
King's Lynn

AGM

5 minute talks on local church projects.
Wednesday 21st September 2022 at
7.00pm at the
Methodist Church, London Rd, King's Lynn, PE30 5PY.

TRAINING

FREE YOUNG FUTURES EARTH PROGRAMME
FOR 50-25 YEAR OLDS
OXBURGH HALL, NORFOLK
Are you between 50 and 25 years old? Do you want to learn more about the natural world around you? Do you want to develop your skills and gain a qualification? Do you want to meet new people and make new friends? Do you want to have a say in what happens in your local area? Do you want to have a say in what happens in your local area? Do you want to have a say in what happens in your local area

Individuals' capabilities and interests; helping individuals overcome barriers they have to learning, skills-building, personal development and accessing employment.
There will be conservational tasks plus opportunity to complete green woodworking projects of choice.
A FREE cooked lunch is served every week, with participants encouraged to be involved with choosing meals and preparing meals over the camp fire.

14th October - 18th November - 6 WEEKS

26th October - 30th November - 6 WEEKS

"Building Health, Hope and Happiness through the Power of Nature"

www.greenlighttrust.org

FREE EARTH COURSE
YOUNG FUTURES EARTH PROGRAMME FOR 18-35 YEAR OLDS

Our Young Futures programme is designed to support the needs of those aged 18-35-year-olds. A course which equips young adults with the skills to navigate their way through an increasingly complex, confused, and ever-changing world.

We instinctively know that being close to nature makes you feel better. However, science has now proved this to be true. Studies have shown that spending time in woodland settings reduces stress, lowers anxiety, and increases concentration levels. Away from the triggers of the everyday – people have the space just to be. Our Young Futures programme is a FREE course that uses woodlands and activities to support long term improvements in wellbeing and outcomes.

What is a typical day?

The course is from 10-3pm one day each week for 6 OR 8 weeks and is led by leading East Anglian charity, Green Light Trust. Activities are arranged around each individuals' capabilities and interests; helping individuals overcome barriers they have to learning, skills-building, personal development and accessing employment.
there will be conservational tasks plus opportunity to complete green woodworking projects of choice.
A FREE cooked lunch is served every week, with participants encouraged to be involved with choosing meals and preparing meals over the camp fire.

"Jack is more self-assured and is very proud of his achievements. His confidence has grown and he has learnt valuable skills that he will be able to take forward into the world!"
Toland, agent

BUCKLING HALL COURSE DATES

5TH SEPTEMBER - 10TH OCTOBER - 6 WEEKS

7TH SEPTEMBER - 12TH OCTOBER - 6 WEEKS

6TH FEBRUARY - 13TH MARCH - 8 WEEKS

23RD FEBRUARY - 30TH MARCH - 8 WEEKS

"Building Health, Hope and Happiness through the Power of Nature"

www.greenlighttrust.org

RESOURCES

Free Harvest Resources

Growing good

BROUGHT TO YOU BY CUF

This harvest we're producing a free resource pack to help churches give thanks and celebrate all the gifts in your community.
Including prayers, activity ideas for all ages and sermon notes, the resources reflect the Growing Good theme of participation – inviting everyone to be part of what's going on.
The harvest resource pack will be available from Monday 5th September.

Find out more and register your interest

'It's an opportunity to celebrate the amazing work of groups, to say thank you to volunteers, and to show them that what they do connects to the faith life of the church'
Read Reverend Martin Poole's full story on how celebrating participation strengthened his community

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REPORTS

Going without: Deepening poverty in the UK

A new report from the Joseph Rowntree Foundation shows how the number of people living in very deep poverty grew in the years before the pandemic struck, leaving many exposed to the devastating impact of the cost of living crisis.

Read more about the report

Groundwork: Empowering Communities through environmental action

For 40 years, Groundwork has been empowering communities across the UK to act on poverty and the environment. 'From the Ground Up: empowering communities through environmental action' is the latest policy report from Groundwork and reflects on the range of work underway across our network to support local community action and, through interviews with those involved, draws lessons about what works and why.

Read 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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