IMAGINE NORFOLK TOGETHER
newsletter

At Christmas we think a lot about gifts. If we have the time and money, we can enjoy carefully selecting things and giving them as presents to family and friends. It can be a joy to watch a loved one unwrap a well-chosen gift, something that is exactly what they wanted and hoped for. The delight on their face can warm our hearts.

However, for many, Christmas is a pressure rather than a delight. There is little money or time. Gifts cannot be carefully chosen. There simply isn't the finance to purchase things that are wanted or hoped for. Instead of joy, Christmas can bring a tinge of guilt or sadness.

The media ramps up our expectations with their image of the perfect Christmas. Often it is set in a dining room with all the family gathered around the table, an abundance of food, drink, and laughter. The room is warm and well lit. The people are beautiful. Everyone is immaculately dressed. All is harmony and happiness.

Christmas can so easily become a competition. We measure its success by how well it matches up to the illusion.

Strangely, the Jesus we celebrate at Christmas distances himself from all material possessions. He sees loving God the Father as his greatest fulfilment. His life is spent in giving his time, his energy, his whole life for others. By means of his generous spirit, he makes visible the generosity of God.

Jesus has special affection for the poor, the sick and the outsider, while the rich he repeatedly warns about the dangers of wealth: "But woe to you who are rich, for you have received your consolation" (Luke 6:24). His disciples relinquish their possessions and leave everything to follow him. The early church choses to live in community and have all things in common. ‘They would sell their possessions and distribute the proceeds to all, as any had need’ (Acts 2:44-45). For them the priority was not having possessions, but placing others needs before their own.

I love celebrating Christmas with all the traditions. I especially love the custom of giving and receiving gifts. However, if Jesus were to come to our house this Christmas, I think we might do things slightly differently. Perhaps it’s time I made some changes.

Whichever way you celebrate the festive season, I wish you and your loved ones a very happy Christmas, and best wishes for the year ahead.

Andrew.

Vacancies
King's Lynn Foodbank: Operations Coordinator
Purfleet Trust: Social Supermarket Supervisor

News
King's Lynn Foodbank: The figures speak
Migrant Community: Crafts afternoon 22nd Dec
Pandora: Peer Support drop-in lunch
Linking Lives: Chair of Trustees needed
Linking Lives: Becoming a supporter

Warm Spaces
Discovery Centre: Thursday mornings and evenings
True's Yard: Tuesday - Saturday, 10am - 4pm
King's Lynn Churches with Warm Spaces
King's Lynn Library - Monday to Saturday
Men's Craft
The Bridge for Heroes

Education & Training
CAN: Dementia Awareness
College of West Anglia: Multiply

Resources: Cost of Living
NCC: Help with Living Costs
NEA: Electricity Consumption around the Home

Volunteering
School Readers

Funding
Hornsea Three Community Fund
Norfolk Community Foundation

VACANCIES

Operations Co-ordinator at King's Lynn Foodbank

Could you be the person that helps to ensure King's Lynn Foodbank can continue to serve people in food crisis? We're looking to add a new team member to our current band of 3 staff - an Operations Coordinator to oversee the work in the Distribution Centre (20 hours per week). Closing date is 6th January 2023.

More information

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the purfleet trust

supporting homeless people

Social Supermarket Supervisor

More information

NEWS

Let the Figures Speak for Themselves

Just to give you an idea of the numbers we fed last week, and a comparison to last year. These are the figures:

2021	No. people fed	2022	No. people fed
M	7	M	45
T	24	T	57
W	Closed	W	58
T	53	T	121
F	51	F	81

Thank you to everyone who has donated this year. Your generosity has made such a difference. Happy Christmas

Helen Gilbert
King's Lynn Foodbank Project Manager
Tel: 07582558

Our Christmas opening hours are 12-2pm on:
Monday 19th - Friday 23rd
Wednesday 28th - Friday 30th
We are CLOSED at weekends and on Bank Holidays

If you would like to know the best way to support us, please check our website for an up to date list of the items we need, or information about how to donate financially:
https://kingslynn.foodbank.org.uk/give-help/

For all migrants arriving and residing in Norfolk, including support for hosts.

Library services • Free activities • Conversational English groups • Help with housing, employment and family life • Support for children • Referrals to ESOL and other courses.

No need to book, just drop-in

Family Christmas Crafts

King's Lynn Library

Thursday 22nd December 2.30 - 5pm

Email: migrantsupport@norfolk.gov.uk

borrow discover connect

Norfolk County Council

Pandora Gold

Pandora Project

Drop-in Peer Support Lunch Group for Women 55+

- Come join Pandora Gold for a safe place to discuss relationships and meet new people.
- Learn about healthy relationships, how to make positive changes and build confidence.
- Our group will be run by a support worker and will give you an opportunity to ask questions and seek advice about your relationships, and the challenges you may be facing.
- Lunch will be provided for the group.

Every Friday at 12:30pm – 2pm

No need to book – please just bring yourself on the day.

If you have specific dietary requirements, please make us aware 48 hours before the group.

ACCESS, St James Lodge Old Hosp Mews, Hospital Walk, King's Lynn PE30 5RU

Please contact us on info@pandoraproject.org.uk if you would like some more information.

LINKING LIVES UK

Improving quality of life through friendship

Chair of Trustees needed at Linking Lives

More about the post

Become a Linking Lives Supporter!

Improving quality of life through friendship

Inspiring Individuals **Equipping Volunteers** **Supporting Churches**

Who are Linking Lives UK?

Linking Lives UK is a national Christian charity whose passion is equipping individuals, volunteers and local churches to reduce loneliness in their communities.

The experience of chronic loneliness or social isolation can lead to a decline in mental and physical wellbeing, and has been associated with heart disease, stroke, high blood pressure, cognitive decline and dementia. Creating connections, whether one to one or in a social setting, can bring a vital link that helps lift someone out of loneliness.

> "My befriending experience has offered my new friend (who is over 70) the "fresh air" of conversation, expression of feelings and, most of all, a friend with whom she can share both difficulties and positive experiences. It has been a delight for us both. We've shared laughter and future hopes. Befriending has blessed us both in many ways. Local volunteer."

"Having someone to talk to has really improved my wellbeing and given me something and someone to look forward to talking to."

"A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families." Psalm 68:6

www.linkinglives.uk

We currently have three main resources available:

1. Two's Company Befriending — *Supporting Churches*

Two's Company is a tried and tested befriending framework which is available to churches and Christian organisations. This provides training, resources and support for coordinators and volunteers who carry out home visiting, telephone calls or a mix of these.

2. The Power of One — *Inspiring Individuals*

Our Power of One resource is designed to inspire and equip individuals from all walks of life to make a positive difference in one other persons' life. The resource includes five short films and a downloadable guide which provides suggestions for maximising the impact we can all can make to someone else experiencing loneliness and social isolation.

3. Good Conversations Training — *Equipping Volunteers*

Good Conversations is a volunteer online training session aimed at organisations that provide spaces where people can experience welcoming, valuing and beneficial conversation. These may include cafes, lunch clubs, social events, or even an allocated park bench. Covering issues such as 'active listening', 'body language' and 'boundaries', the course leaves volunteers feeling empowered in their role.

How can you support the work of Linking Lives UK?

Linking Lives UK relies on grants from trusts and foundations; partnership fees from local partners; and donations to operate. If you are interested in supporting us financially, you can find out more by scanning the QR code below. A regular monthly or quarterly donation will contribute towards our being able to confidently plan and expand our work in the future. Every pound really does make a difference to the lives of socially isolated older people.

Thank you!

Contact Us
T: 0300 302 0225
www.linkinglives.uk
Info@linkinglives.uk

SCAN ME

Linking Lives UK is a registered charity No 1170325
Our correspondence address: PO Box 8279, Reading RG6 9UN

WARM SPACES

True's Yard Museum is a new Warm Space

Subsidised hot drinks and a warm space will be available five days a week, from Tuesday to Saturday, 10am until 4pm, at the heritage site on North Street.

More information

King's Lynn Churches with Warm Spaces

Cornerstone: King's Lynn Baptist Church
Wisbech Road, King's Lynn, Norfolk, PE30 5JS
Community Cafe - free tea and coffee and soup plus newspapers to read. The cafe is open on Wednesday and Friday from 10-2pm and Thursday from 12 noon to 4pm.

Gateway Church
99c High Street, King's Lynn, PE30 1BW
Gateway iCaf - Tuesdays 10:00 – 11:30 and 1:00 pm – 2:30 pm
A safe and welcoming place for refugees to meet, enjoy coffee and cake and learn English. FREE! Pick morning or afternoon session.

King's Centre
The King's Centre, Wellesley Street, King's Lynn PE30 1QD
The Living Room – Tuesdays, 2 sessions 12:30-2:30pm and 3:30-5:30pm

King's Glory
27 Bryggen Road, North Lynn Industrial Estate PE30 2HZ
Community Cafe – Fridays from 12 noon

St John's
Blackfriars Road, King's Lynn, PE30 1NT
Welcome Inn (Coffee morning) Tuesdays 11:30am - 1:30pm.

WARM SPACES!

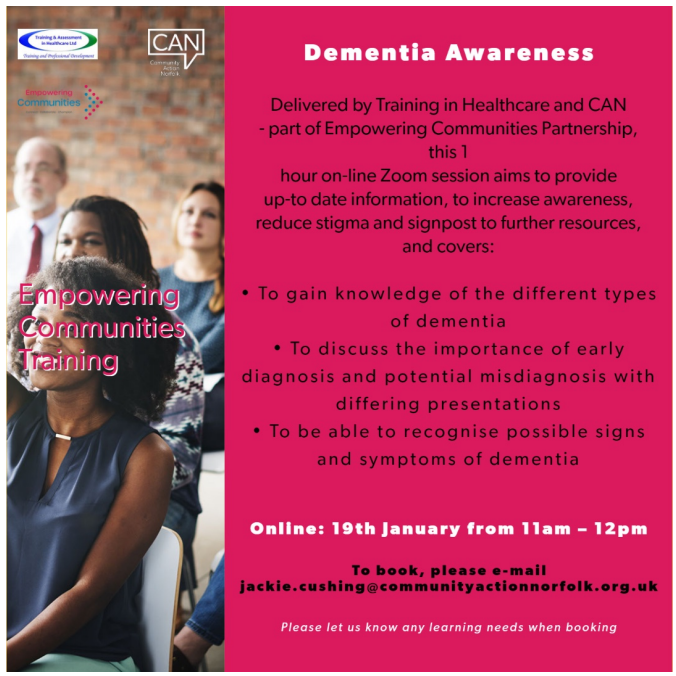
AS THE WEATHER GETS COLDER AND FUEL BILLS ARE ROCKETING, WHY NOT SPEND SOME TIME AT ONE OF THE BRIDGE FOR HEROES FACILITIES?

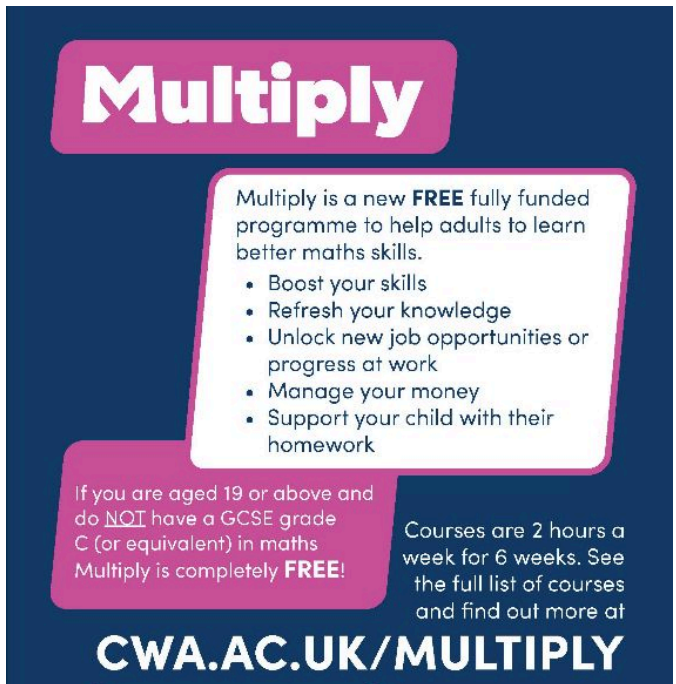
Both here at The Bridge Centre

and at Nelson House on North Lynn Industrial Estate offer a warm welcome, a warm space, hot drinks and occasionally hot food too!

We are open to HM Forces veterans or close family members from 10am to 4pm Monday to Friday and 10am to 2pm on Saturdays (Saturday is only for The Bridge Centre)

EDUCATION & TRAINING





Funded via Norfolk County Council, Cambridgeshire & Peterborough Combined Authority

College of West Anglia

Multiply is a new free fully funded programme to help adults to learn better maths skills run by the Collage of West Anglia. Adults who are aged 19 or above who do not have a GCSE grade C (or equivalent) in maths can do a short course (for 2 hours a week, for 6 weeks) to help boost their skills and refresh their knowledge. Click here to visit their website or email for any enquires multiply@cwa.ac.uk.

RESOURCES: Cost of living

Download: Help with living costs - West Norfolk

Help on Norfolk County Council website

Read the guide

VOLUNTEERING

Volunteers needed to read one-to-one in local primary school

After a turbulent two years of the pandemic with the resultant disruption to education, younger children and those from more disadvantaged circumstances need help with their reading even more than before the pandemic. Schoolreaders charity and its Norfolk county ambassador, Penny Hubbard is putting out an urgent call for new volunteers in West Norfolk to join the scheme to read in the schools which have signed up for the free scheme.

"It's such a simple model but so effective," she says. "Schoolreaders matches volunteers to schools to listen to children read on a one-to-one basis, focusing on those schools who need the most support for their cohort of pupils. Volunteers need to be able to go into school for 1-2 hours a week during term time and typically listen to around 10 children read per session. They can choose how far they can travel and most go into their local school. I have been reading in Hunstanton Primary School for two terms and it is really rewarding".

For more details email Penny at norfolk@schoolreaders.org

FUNDING

Hornsea Three Community Fund

consultation

Hornsea Three Community Fund

Consultation Drop-in & Virtual Events Dates, Times and Locations

As part of the overall Community Fund consultation, the following events are a chance for interested parties to come along for an informal chat about the proposed Fund, to discuss funding priorities, individual project ideas and provide feedback.

The physical events are drop-ins, so please come along to any of these within the designated times or, to book an appointment for a virtual event, please email hornseathree@grantscape.org.uk with your availability.

These events are intended for those members of community groups which are located, or have a project idea for delivery , within the designated funding zone.

Please view the map on GrantScape's website, to check before you attend.

2023 DATES	TIME	LOCATION	VENUE
Wednesday, 1 February	12:00 - 15:00	King's Lynn	South Lynn Community Centre, 10 St Michaels Road, King's Lynn, PE30 5HE
Wednesday, 1 February	17:00 - 20:30	Reepham	Stimpson's Piece, Bartle Court off Station Road, Reepham, NR10 4LL
Thursday, 2 February	11:00 - 15:00	Wells-next-the-Sea	Wells Maltings (Clore Community Studio): The Maltings, Staithe St, Wells-next-the-Sea, NR23 1AN
Tuesday, 7 February	12:00 - 15:00	Swardeston	Swardeston Village Hall, High Common, Swardeston, Norfolk, NR14 8DL
Tuesday, 7 February	17:00 - 20:30	Great Yarmouth	Imperial Hotel, North Drive, Great Yarmouth, NR30 1EQ
Wednesday, 8 February	11:00 - 15:00	Lowestoft	The Grit, Lowestoft Arts and Heritage Centre, Old Nelson St, Lowestoft, NR32 1EQ
Thursday, 16 February	10:00 - 19:00	Virtual	Please email hornseathree@grantscape.org.uk, with your availability to book an appointment
Friday, 17 February	10:00 - 19:00	Virtual	Please email hornseathree@grantscape.org.uk, with your availability to book an appointment
Tuesday, 21 February	12:00 - 15:00	Holt	The Venue, Holt Community and Arts Centre, Kerridge Way, Holt, NR25 6DN
Tuesday, 21 February	17:00 - 20:30	Sheringham	The Lighthouse Community Church, 62 Cromer Road, Sheringham, NR26 8RT
Wednesday, 22 February	12:30 - 16:30	Mundesley	Coronation Hall, 26 Cromer Road, Mundesley, Norwich, NR11 8BE

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www.grantscape.org.uk

GrantScape
The Experts in Community Fund Management

NCF Funding Newsletter

Norfolk Community Foundation

NCF Funding Newsletter

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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