I write to you this morning on the third Monday of January. It is the day that has been designated as "Blue Monday" - the most depressing day of the year since 2005 during a press release from British travel company Sky Travel, as part of a publicity stunt. Apparently, a psychologist, Dr. Cliff Arnall, created a formula pointing to the third Monday in January as being the government of the year. Arnall's formula considered many factors, including the weather at this time of year, debt levels and the length of time since Christmas, the failure of New Year resolutions, general lower motivation levels, and the feeling of a need to take action.

The science behind the formula has frequently been questioned and some feel it trivializes the seriousness of depression. Arnall himself apologized for the way the data had been exploited by companies to sell products claiming to improve a gloomy outlook. His intention was to emphasize the importance of maintaining good mental health and to spark a discussion of the best ways to improve it.

Since then, there have been many schemes and programmes designed to improve our mental health. Something I have found particularly helpful has been the "Five Ways to Well-being" - a set of evidence-based practices developed by the New Economics Foundation from evidence gathered in the Foresight Mental Capital and Wellbeing Project (2008). The five simple things to give our wellbeing a boost include (1) Take notice, (2) Connect, (3) Be active, (4) Keep learning, and (5) Give.

Whilst endorsing these five actions, I would like to add two more. They happen to be the subject of the sermon I heard the other day. They are (1) Consider, or reconsider, your relationship with God and (2) Consider, or reconsider, your relation to (3) Develop an attitude of gratitude. Remembering how small I am in such a vast universe, while recognizing that I am loved by a God who knows me intimately, and cares for my eternal wellbeing, fuels my attitude of gratitude and seldom fails to lift my mood.

Of course, these ideas are not new. King David wrote about such things three thousand years ago. Many of his psalms are a journey from a low mood to a place of gratitude and praise. A particular favourite of mine is psalm 8. Verse 3 alone gives me plenty to think about:

When I consider your heavens,
The work of your fingers,
The moon and the stars, which you have set in place,
What is mankind that you are mindful of them,
Human beings that you care for them?

For more information about the Five Ways to Wellbeing and some other great tips from the NHS follow this link:

https://bounce.ly/e.nsecs/www/health-board-newsletters-top-tips-to-beat-the-january-blues/

Andrew.

Warm Spaces
The Millers Stadium
St Faith's Church, Gaywood

Cost of Living
Support from the Borough Council
Support from the County Council

Prayer Events
CVP national day of prayer
Churches Together prayer for Christian Unity

More
Food for Thought society
Hope into Action open evening

Volunteering
SOS Bus Project

Education & Training
CAN: Dementia Awareness
CAN: Introduction to DBS
CAN: Developing & sustaining volunteering

Funding
Norfolk Community Foundation

WARM SPACES

Feel Good Fridays

We are here for you! In a caffeine morning, targeted at those over 50 and/or lost wellbeing, that has been set up in King's Lynn Town Football Club through the charity, Cheers to The Community. for anyone that has suffered following Covid-19 to re-engage with their community and wellbeing. Cheers to The Community is a charity that was created to support the impacts of Covid-19, particularly in North Lynn, South Lynn and Fairstead, with a lot of the older generation being contacted with people during Covid-19.

St Faith's Church, Gaywood opens a Warm Space

Our warm space is open on **Wednesdays 9am to 12noon**. Come along for a cuppa and a chat, hot soup and buttered rolls, to meet others and maybe catch up with a friend or two. Open to everyone - just drop in to see us! **Gaywood Church Rooms**.

Cornerstone Baptist Church Community Lunch

If you like good food for a good price in a welcoming, warm place, book your spot at the Community Lunch at Cornerstone Cafe (in Cornerstone Church on Wisbech Road.)

COST OF LIVING

Cost of Living Support

Click here for information about how the Borough Council of King's Lynn and West Norfolk (BCKLWN) and others can support with rising food costs, bills, and mental health and wellbeing. You can also find information about BCKLWN support for community organisations to help deliver services or activities.

More information

The attached leaflet is a comprehensive list of Help with Living Cost support for those living in West Norfolk.

Open the leaflet

PRAYER EVENTS

Cost of Living Crisis: a call to prayer with CAP

Join us for a free, unique prayer event in London and online, and come before God with us as we pray for those affected by the cost of living crisis.

Without a doubt, the start of January 2023 is a desperate time, to date have they can make the numbers add up for another year. These are not statistics, but people unable to afford meals or heating for themselves and their families. This crisis calls for all Christians to come together, united in a powerful response of prayer and action.

We'd love for you to be there with us, either in person or live streaming the event, which is supported by 20 Christian organisations, and representing twelve denominations.

Where?
Westminster Chapel
Buckingham Gate
London
SW1E 6BD

When?
9am-4.30pm
8 February 2023
There will be a number of talks throughout the day, and you're free to come to whichever ones you feel speak to you.

Register for this free event

Week of Prayer for Christian Unity 2023

Wednesday 18th to Wednesday 25th January 2023.

The theme for January 2023 is 'Re-Longing. Praying for Unity amidst Injustice.' For this Week of Prayer for Christian Unity we are guided by the churches of Aotearoa New Zealand. Their prayers and reflections for Christian unity can contribute to the promotion of racial justice across all levels of society.
https://cbl.org.uk/week-of-prayer-for-christian-unity-2023/

Day 1: Wednesday 18th January: St John the Evangelist, Blackfriars Rd., King's Lynn PE30 1NT. Nigel Dingemans **12.30-1000hrs**

Day 2: Thursday 19th January: The Church of the King's Cross, 27 Boggart Rd, North Lynn Industrial Estate, King's Lynn, PE30 2NZ. Pastor Christian Hodgson **12.30-13.00hrs**

Day 3: Friday 20th January: Cornerstone King's Lynn Baptist Church, Wisbech Rd., South Lynn, PE30 5JS. Jackie Nash **12.30-1300hrs.**

Day 4: Saturday 21st January: Lynn Ist Methodist Church, London Rd, King's Lynn, PE30 5PU. Revd Robert Roberts. **12.30-1300hrs** followed by refreshments.

Day 5: Sunday 22nd January: St Faith's Church, Gaywood Rd, King's Lynn PE30 4DZ. Preacher: Revd Andrew Kerr **1700-1800hrs.**

Day 6: Monday 23rd January: Queen Elizabeth Hospital Sacred Space, Gayton Rd, King's Lynn, PE30 4ET. Revd Lee Gilbert **12.00-1000hrs**

Day 7: Tuesday 24th January: King's Lynn Minster, St Margaret's Place, King's Lynn, PE30 5DL. Revd Canon Dr Mark Dimond. **12.00-12.30hrs.**

Day 8: Wednesday 25th January: Church of the Lady of the Annunciation, London Rd., King's Lynn, PE30 5HQ. Very Revd. Canon Peter Rollings. **12.00-13.30.**

NEWS

The third round of Food For Thought **starts on Wednesday 18th January, 6:30-7:30pm**, and involves free sessions for the public in partnership with the College of West Anglia. Attendees can see how a professional chef cooks nutritious meals on a budget, learn how to make healthier decisions with each other, encouraging community involvement and reducing loneliness.

These weekly sessions are **at the Methodist Church on London Road, PE30 5EJ for 10 weeks**, attendees can get free milk transport to and from the venue. A project needs support with this context: apply@swan-partnership.co.uk. People do not have to commit to attending every session. The venue is fully accessible and child friendly this means everyone within a family can attend the event.

Download leaflet

HOPE INTO ACTION
Creating chapters to house our families

Hope into Action open evening

Hope into Action have an introductory evening on 19 January at 7pm online. This is for anyone who would like to know more about their work in tackling homelessness, and how our churches can help that go ahead.

Further details can be found here https://www.hopeintoaction.org.uk/events/hope-into-action-in-tackling-homelessness-in-2023 with link to book online.

video https://www.youtube.com/watch?v=dXYUJeeLAJY

Further details

Hope into Action video

VOLUNTEERING

SOS Bus Project needs volunteers

Could you offer time and support to this important project?

Project Safe Haven is a multi-agency initiative which operates every Friday and Saturday night from 9pm until late within the night time economy of King's Lynn town centre. It offers a variety of services and support, working in conjunction with local agencies. Help and advice is offered to any individual presenting in crisis or needing assistance during their night out.

Project Safe Haven offers
- First Aid
- Flip flops for tired feet to prevent further injury
- Blankets, hats and scarves to keep warm (subject to stock availability)
- A free taxi drink.
- Hot drinks
- A needle exchange facility between 5pm and 3am over the weekend.
- Advice, information and referral signposting for the following areas: alcohol and drugs, bereavement, pregnancy, domestic violence, sexual assault, homelessness and mental health.

Our unit is covered by CCTV and all volunteers are linked by CCTV radios when on shift along with direct links to CCTV, police and door staff.

Maybe late nights are not for you, but there are other ways to help. If you would like to explore the opportunities further do contact
Kate: kate.lenny-smith@cmacentrefolk.org or sosbus@cmacfamilyfolk.org
Chris: chrisnapier@thetrainer.com
The SOS Bus mobile number is 07795 283380. Sandwick Sq Kings Lynn Tirwun.

EDUCATION & TRAINING

Introduction to DBS

This free 1 hour on-line session for Norfolk based voluntary, community and social enterprise organisations, is delivered by the Regional Adviser for the Disclosure and Barring Service and CAN - part of Empowering Communities Partnership.

This session covers:

- What is DBS
- What is Disclosure
- What is barring
- Levels of check
- Eligibility for a check
- Legal duty to refer

Time: 1pm – 2pm
Date: 8th February 2023

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

Please let us know if you have any learning requirements when you book.

Developing & Sustaining Volunteering in your West Norfolk Organisation

Delivered by Natasha Jackson and Jackie Cushing from CAN, this online training session provides West Norfolk organisations with an opportunity to explore how to develop volunteering opportunities within their organisation, and covers things like:

- Effective Recruitment
- Managing and retaining volunteers
- Useful resources

Online: 8th February from 10am- 12.30pm

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

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FUNDING

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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