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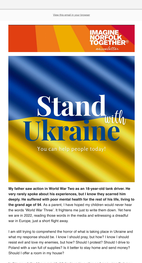

By father see action in World War Two as an 18-year-old tank driver. He very rarely spoke about his experiences, but I know they scarred him deeply. He suffered with poor mental health for the rest of his life, living to the grand age of 90. As a parent, I have hoped my children would never face the words 'World War Three'. It frightens me just to write them down. Yet here we are. We see the horrors of war in the media and witnessing a ceasefire in Europe, just a short flight away.

I am still trying to comprehend the horror of what is taking place in Ukraine and what my response should be. I know I should pray, but how? I know I should resist evil and love my enemies, but how? Should I protest? Should I dress to protest? Wave a sort full of scepticism? It is better to stay home and remain? Should I offer a room in my house?

In this newsletter have provided links to various sites and resources that may help if you are struggling with similar questions. I am not suggesting these as the best organisations to go to, or the most creative resources, they are simply the things I have come across. But I hope they may be useful.

In trying to manage my thoughts, I found the following reflection helpful.

As followers of Christ we have a vision for a new kind of society, where peace and justice prevail, Jesus called it the Kingdom of God, and we are appearances he said you could reach out and almost touch it. We have a world to describe what happens when you try to do this - It's called prayer. Prayer is a legitimate Christian response to the war in Ukraine. So is action: we pray for our leaders and decision makers, that they will have courage and willingness to endure the economic cost of sanctions, public demonstration and private witness.

We pray for compassion for personal honesty. We must pretend to all those little ones which make up the fabric of our everyday lives, those micro aggressions where we choose to put our own desires before the needs of others. It is the accumulation of those little wars that creates the big war. All of us bear some responsibility.

Finally, the argument raged about how we could defeat terror, and a simple Christian, listening to the litany of military experts talking about bombing first and destroying that and hitting at the heart of the other, said: the only way to defeat terror is to not engage it.

That is our task in prayer, word and action, because ultimately war is a failure of imagination and a failure of love.

Pil Rood Adrian Newman
CUF Bishop in Residence
February 2022

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NEWS

West Norfolk Organisations working together to support Ukrainian refugees

The borough council and its Lily service is offering further support to individuals arriving from the Ukraine.

Support is being given in the shape of a voucher or terms, to fill the gap between their arrival in the area and access to benefits support.

The council is setting aside an emergency fund of £7,500 from the West Norfolk Mini Lottery to provide support to individuals in need of the essentials. This funding has been saved by individuals who have played the local lottery.

The fund will be administered through our Lily service and any requests for support should be directed to them via the website www.ashlily.org.uk, telephone 01553 692722 or email lily@ashlily.org.uk. Vouchers can take on their behalf by completing the referral form (https://forms.wasd.norfolk.gov.uk/RWAWKQ/RGSUEQPQCPR/STEPPING.launch). Lily Support Workers will also be able to signpost individuals to any other local or regional support.

Meanwhile, The Hanseatic Union and Access are providing wellbeing support for those affected by the conflict in Ukraine. They have received funding from Norfolk Community Foundation to extend the support they can provide in the local community. They will be offering three types of support:

- The workshop, based in Kings Lynn, is delivering sessions in local primary schools to help children process their feelings through drama.
- Support through email or Facebook for people who want to contact someone who speaks Russian or Ukrainian, or English.
- Relaxation and social sessions at Access, Hospital Mews, Kings Lynn on 28 March from 1-3pm. A drop-in session for sharing, and learning, relaxation skills, to have a cuppa, to give everyone time to shut and connect.

Julie Chaplin, from The Hanseatic Union, said: "The war in Ukraine is a terrible time and we, as always, are here to help everyone in our community. Anyone who feels they need a lightened load get in touch with us and talk, or come to our social events to chat.

Irina Celenska, from Access, added: "The impact of the war in Ukraine is being felt in all communities. Our main client group is from Eastern Europe. They have been affected significantly due to historical events and close ties with Ukraine. Our support workers are: Russian speaking, Ukrainian speaking, trying it hard to manage their thoughts in feelings. With additional funding our Project Workers have extra time to provide emotional support, listen to concerns and to talk about worries."

Lily: www.ashlily.org.uk (Referral link: https://forms.wasd.norfolk.gov.uk/RWAWKQ/RGSUEQPQCPR/STEPPING.launch)
The Hanseatic Union: Facebook - Hanseas Kings – or email info@hanseaticunion.co.uk
Access: www.access-community.org.uk
Borough Council of King's Lynn & West Norfolk - www.wasd.norfolk.gov.uk – click on Ukraine Crisis - for useful links.
Government Homes for Ukraine campaign: - https://homesforukraine.campaign.gov.uk/

OTHER NEWS

Hanseatic Union Helps Ukrainian Refugees

Julie Chaplin of the Hanseatic Union is one of the people in King's Lynn who is co-ordinating hospitality for Ukrainian refugees. She has set up a Facebook page for discussing hospitality for Ukrainian refugees called Open House UK https://www.facebook.com/groups/1587398172858551.

"As people are arriving, with a sense large and kind of trauma. We are currently setting up a website where hosts and refugees can ask questions and put out offers of help – we have some money from the council to give each family £100 which is a lot based on no work and no benefits for a month – and of course accommodation, food and clothing for those who need it. We are also a mental health support into schools and also offering help in the community. In addition to the Facebook page there is a web page being set up for refugees by the Ukraine population it can so they can link and talk."

Julie Chaplin

More

Advice for parishes on helping Ukrainian refugees

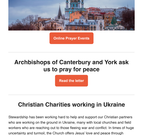
The Church of England has published a 'toolkit' of resources for parishes wishing to help refugees arriving from Ukraine in the wake of the Russian invasion of the country.

The material, available online, brings together advice on how churches can welcome people arriving from Ukraine through giving, longer-term practical support such as community sponsorship, prayer and advocacy, as well as links to other sources of information including safeguarding.

In a foreword to the toolkit, the Archbishops of Canterbury and York, Justin Welby and Stephen Cottrell, said: "We are a people of prayer, and we are grateful to join in prayer for the people of Ukraine and to work practically to support them in their hour of need."

More

Co-op Help Ukraine Guide



People are fleeing their homes because of the war in Ukraine. Community is more important than ever. Let's stand in solidarity and show the power of cooperation. Together, local communities, Co-op members, colleagues and customers can join people around the world to offer support.

Here's how you can help.

How to help

Praying for Ukraine: Eventbrite

Online Prayer Events

Archbishops of Canterbury and York ask us to pray for peace

Read the letter

Christian Charities working in Ukraine

Stewardship has been working hard to help and support our Christian partners who are working on the ground in Ukraine, many with local churches and faith workers who are reaching out to those fleeing war and conflict. In times of huge uncertainty and turmoil, the Church offers Jesus' love and peace through practical help and a safe place of refuge.

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear though the earth gives way and the mountains fall into the heart of the sea. (Psalm 46:1-2 NIV).

Here are some of Stewardship's Christian partners working in Ukraine:

Christian charities in Ukraine

OTHER NEWS

Jab Cab Service Extended

In order to make getting the vaccination as quick and convenient as possible, Norfolk and Waveney CCG, along with health and care partners, has extended the Jab Cab service beyond March. This means anyone who needs to get to a vaccination site or walk-in clinic to get a first, second, or booster jab can book a free taxi ride to and from the clinic.

In order to claim your free journey, book your COVID-19 jab online or check which walk-in centre you'd like to visit. This short video explains how quick and easy it is to book your free Jab Cab, watch it at: Get your vaccination with the Jab Cab.

New Digital Mental Health Service

Oxeed, delivered by Kooth, has been commissioned by NHS Norfolk and Waveney CCG to provide a new 24/7 digital, 365 days a year, mental health digital clinical health support. With no waiting list or thresholds to meet, Oxeed is available immediately via www.oxeed.co and is accessible 24 hours a day, seven days a week.

Walk of Witness

The Good Friday Walk of Witness on 15th April will start at 10am at St Faith's Church and goes via Highgate Methodist Church and St John's to conclude the Minster at 11am. There will be readings and hymns at each stop. Then, after walking through the town centre with 3 stops the walk ends inside the Minster at about 12 noon.

Are you feeling lonely and isolated?

Are your caring responsibilities making you feel lonely and socially isolated? Did you know there is support out there to help you make new connections in your local community?

Norfolk County Council has commissioned three support services across the county to tackle social isolation and loneliness and the effect it can have on people's health and wellbeing. The services offering one-to-one, group and peer support to adults aged over 18 years old are:

- CAN Connect (North Norfolk and Breckland)
- Better Together (Norwich, Broadland, Great Yarmouth and South Norfolk)
- Lily (King's Lynn and West Norfolk)

All three organisations work with a range of other specialist health and wellbeing organisations. They can help you with:

- identifying and overcoming barrier that may prevent you from becoming more connected;
- finding out about local community activities;
- volunteering opportunities;
- local support networks;
- reconnecting with family and friends;
- making new connections in your community.

The services can also support you if you are lonely and socially isolated because of a more complex situation, such as caring for a family member or friend, you are in debt or have mental or physical ill health.

Download leaflet

EMPLOYMENT OPPORTUNITIES

We currently have some job vacancies for the following roles:

IDVA West Norfolk – Full Time

IDVA North Norfolk – Full Time

Women only to apply 5.72(hrs) SDA applies. Exempt under the Equality Act 2010 Schedule 9, Part1.

For a job description and application form, please contact info@pandoraprojectnwl.org.uk

Closing date 15th April 2022

More info:
https://www.pandoraprojectnwl.org.uk/job-vacancies/

TRAINING

Free Awareness Raising Session: West Norfolk Deaf Association

Supporting Deaf People and Deaf Families with Acquired Hearing Difficulties

This free 1 hour online (via Zoom) taster session on Tuesday 29th April from 11:30 to 12:30, has been facilitated by CAN in West Norfolk Advocacy, Community and Social Engagement Lead Officer and Sarah Bellamy and Ruth Kay Managers and colleagues from West Norfolk Deaf Association.

West Norfolk Deaf Association is a local charity providing support to Deaf people and those with acquired hearing difficulties living in West Norfolk. Services include Deaf Awareness Training, Deaf Mentoring, Advocacy, Training Courses, Social Groups, Pen Pal Clinics and much more.

This awareness training is designed to help improve communication between those living with hearing loss and others.

- Raising awareness of the deaf community and those with hearing loss.
- Providing all services are as accessible as possible.
- Improving your organisations services offering, understanding, and increasing awareness.

To book a place please contact Jessica Cushing at jessica.cushing@community-equals.org.uk

RESOURCES

More

REPORTS

Authorities fail to keep pace with child sexual exploitation

Extensive failures by local authorities and police forces mean they are struggling to keep pace with the changing nature of sexual exploitation of children by networks, a report by the Independent Inquiry into Child Sexual Abuse has found. It says children are being sexually exploited by networks in all parts of England and Wales in the 'most degrading and destructive ways', with many exploited children raped or sexually assaulted repeatedly, over a period of months or even years.

The Child Sexual Exploitation by Organised Networks report noted there appeared to be a flawed assumption that child sexual exploitation was decreasing, when in reality it has become more of a hidden problem, increasingly underreported when only linked to other forms of criminal behaviour such as county lines.

View the report

Being in debt to the government

As the nation faces a cost-of-living crisis and recovers from the devastating effects of the pandemic, new research shows people who cannot afford the essentials are being pushed deeper into poverty by a rising tide of government debt.

Read the report here

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!

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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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