IMAGINE NORFOLK TOGETHER
newsletter

When I read Bible verses promising that God will give us 'the desires of our heart', I tend to think they are written for people other than myself. They are for those who have very clear targets and ambitions, people who are beseeching God to fulfil their hopes and dreams. My problem is that I'm not very clear what my desires are. I tend to recognize them in retrospect!

I have two sons. One of them was married ten years ago, on a gorgeous summer day in July**.** With his lovely wife, he raised two wonderful children, and I became a granddad. Until they were born, I didn't realize how wonderful it was to be a grandparent. It wasn't something I was seeking or dreamed about, but when it happened, I was overwhelmed. It was something beyond my dreams and it brought me such joy – it still does.

Last weekend, my second son was married. I had not imagined him ever being married. In fact, I thought he would probably always be single. However, last Saturday I saw a wonderful couple joined in matrimony, in an idyllic village setting, surrounded by friends and family, in the most glorious summer weather. It was amazing.

I truly believe God does give us the desires of our heart, whether we name them in advance and regularly bring them to God in prayer, or whether, like me, we identify them in retrospect. What is important is that, at some point, we take time to reflect and acknowledge the good things that have happened in our lives and be thankful.

A few years ago, I was given some advice that has changed my life. It was very simple. I was told to begin my time of prayer by listing 5 things from the previous day that I was thankful for. They could be heart-lifting occasions like weddings but more often they would be the ordinary things of life like the scent of a flower, the kind word from a neighbour, or the fact that the computer didn't let me down when making a presentation!

I believe establishing a 'habit of thankfulness' is one of the keys to good mental health. When I'm thankful, I'm happy. St Paul taught the very same thing 2000 years ago when he penned these words, 'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus'. Good advice indeed!

News
Lily: Loneliness Awareness Event
Foodbank: Recruiting volunteers
SOS Bus: Recruiting volunteers
Bishop opens Community Hub

Events
Minster: Chanter's Jigge 3rd June
Discovery Centre: Free weekly sports sessions
SOS Bus: Donation Awareness Day
St Faith's, Gaywood: Food for Thought
St. John's in the Walks: Encounter Youth Event
Town Heritage Group: Volunteer Fair
Churches Together: Psychospiritual care at end of life
Manifest: 22nd July
Discovery Centre: Family Cafe
Discovery Centre: Time Together
Discovery Centre: Free youth group (seniors)
Discovery Centre: Free youth group (juniors)

Training
CAN: DBS eligibility workshop when working with adults
CAN: An Introduction to Safeguarding Adults

Cost of Living
Jubilee+ : Cost of living conversations
Anglian Water: We're here to help
Voluntary Norfolk: We can support you

Reports
Bloom Report: Does government do God?

Funding
CAN: Meet the Funders

NEWS

LONELINESS AWARENESS WEEK 12th - 18th June 2023 Connection Matters

Lily are hosting Loneliness Awareness event

Lily is hosting an event at the end of Loneliness Awareness Week, on Saturday 17th June. The theme for this year's Loneliness Awareness Week is Connectivity.

The event is designed to showcase the range of groups and clubs which are available for people to join and connect with one another within West Norfolk.

The event is taking place at The Place in King's Lynn, opposite Wilko between 10am and 3pm.

Find out more

King's Lynn foodbank

Record parcels provided by Foodbank

New figures released recently by **King's Lynn Foodbank** have revealed that 2764 emergency food parcels were provided to 6526 people facing hardship across King's Lynn and West Norfolk in the last year – with over a third of these parcels going to children.

The Foodbank has seen a 46% increase in the number of emergency food parcels distributed compared to last year. This is the most parcels they have ever provided. The levels of need were particularly acute in winter, and December was the busiest month for the Foodbank, with 315 emergency food parcels provided by staff and volunteers that month.

If you would like to volunteer with the Foodbank they would love to hear from you.

More info

SOS Bus seeks volunteers

The YMCA's SOS Bus in King's Lynn supported 24,562 people through offering food parcels, clothes and first aid, as well as providing somewhere to seek advice around safe sex, drug and alcohol abuse, cost of living and mental health crisis situations.

The SOS team have also de-escalated many pre-arrest situations, preventing local police from having to spend extra time and resource on arresting and charging those in a drunk and disorderly state. They also provide medical support and first aid to those with injured or unwell to avoid adding to NHS A&E pressures and wait-times.

The SOS Bus team are currently recruiting for volunteers and would love to hear from committed, passionate individuals who are looking to make a difference in their local community. For further information, please email **sosbus@ymcanorfolk.org**

Read more

Bishop opens Community Hub

Bishop of Norwich, The Rt. Revd Graham Usher, visited St. Faith's Church in Kings Lynn on Sunday May 14 to officially open and bless its new community hub, and to confirm three candidates.

Read the full article

EVENTS

KING'S LYNN MINSTER
Chanter's Jigge
Merrily Danced the Quaker's Wife
Songs, ayres, jigs & jollies from across the centuries,
played and sung with traditional instruments
Saturday 3rd June 2023, 7.30pm
King's Lynn Minster
Tickets £6 available from Eventbrite
bit.ly/KLMCJigge

COMMUNITY SPORTS FOUNDATION
Chances
European Union
European Social Fund
Free weekly sport sessions with Chances and Norwich City Community Sports Foundation to help support your wellbeing.
OPEN TO ALL CHANCES PARTICIPANTS
• Sports sessions including basketball, football, netball, table tennis & more
• Great atmosphere
• Make new friends
• Learning opportunities with accredited qualifications
• Potential employment opportunities
DATES
Tuesdays, 10.00am – 12.00pm
Tuesday 23RD May 2023 – Tuesday 18th July 2023
LOCATION
The Discovery Centre, Columbia Way, King's Lynn, PE30 2LA
We can fund your travel costs if you don't live in the area.
[It's] helped me change my life for the better. I'm fitter, have a better routine and my confidence has grown.
Brian
Book now!
To sign up, email Bethanie.eaglensmith@voluntarynorfolk.org.uk or Call 07867225375 or visit
https://bookonline.communitysportsfoundation.org.uk/participant/signin.aspx?id=419602

Food for Thought at St Faith's Community Hub

Food For Thought is designed to encourage individuals to get out in the community, exchange recipe ideas with new people, try new food and demonstrate to them how you can cook on a budget. The sessions are completely free to attend and will be held at the St Faith's Community Hub, Gayton Road, King's Lynn, PE30 4DZ. Sessions will run from Thursday 4th May every Thursday, 9:30-11:30am, for ten weeks until Thursday 6th July.

Book a place

Encounter Youth Event

Sat 24 Jun at 8.00 pm - 10.00 pm

St John the Evangelist, King's Lynn, PE30 1NT

Encounter is a regional Christian youth event for young people in school years 6-13, from King's Lynn and the surrounding area. The evening starts with a café and tuck shop, with games and activities, followed by some worship, challenges, messy games, a talk, discussion and time to reflect.

There is no need to book, but we would love to know if your planning to come. Email cyf@dioceseofnorwich.org

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Some groups that will be attending:
Churches Conservation Trust (St Nicholas' Chapel); Friends of Hardwick Cemetery;
King's Lynn Town Guides; Harding's Pits Community Association; Lynn Museum;
Jewish Cemetery Friends Association; King's Lynn Civic Society;
True's Yard Fisherfolk Museum; Marriott's Warehouse Trust; Worfolk Boat Trust

Many hands make light work!

KING'S LYNN CIVIC SOCIETY
www.kingslynncivicsociety.co.uk
Email: info@kingslynncivicsociety.co.uk

Borough Council of
King's Lynn &
West Norfolk

CHURCHES TOGETHER in King's Lynn

Psychospiritual Care at the End of Life.

A talk by Tapping House Chaplain

Revd Brendan Mooney

Wednesday 21st June 2023 at 7.30pm at the London Rd Methodist Church, King's Lynn, PE30 5PU.

Manifest Summer Festival

Welcome to Manifest, the FREE positive music experience in the park! Manifest is a day filled with powerful performances, uplifting messages, and unforgettable memories. Manifest music festival brings together talented

and passionate musicians from all around the world to promote the positive message of the gospel to our community. Manifest will feature a wide range of musical styles from contemporary to non-contemporary gospel songs and everything in between.

There are spaces for 12 Churches to put up stalls and showcase their unique giftings (as we did in the past at Celebrate King's Lynn). If your church wants to participate please complete the form here https://manifestkingslynn.com/register-your-church/

More information

FREE sessions for infants, children, parents and carers

Make memories, share experiences, explore and have fun!

Delivered by local charity The Benjamin Foundation and kindly supported by Freebridge Community Housing, these free sessions offer a mixture of play activities including construction, books, sensory, cars, messy, sand and water play. We recommend you and your child dress for mess! Please bring spare clothes for children if possible.

This group will offer new experiences and the opportunity to meet other children and their parents/carers. If you have a child under the age of 5 years, we would love to see you. A warm welcome awaits!

Opening on Monday 9th May 2022

The Discovery Centre, Columbia Way, King's Lynn PE30 2LA

Mondays (excluding Bank and school holidays) **10am - 11:15am**

For more info: angela.teague@benjaminfoundation.co.uk

Freebridge COMMUNITY HOUSING

Placeshaping Team WORKING TO SHAPE OUR COMMUNITY

The Benjamin Foundation

The Benjamin Foundation
23-27 St Andrews Street, Norwich, NR2 4TP
Registered Charity: 1124936
Company Number: 3825425

King's Lynn

FREE Youth Group (Seniors)

The **Benjamin** Foundation

Opening on Tuesday 26th April 2022

6pm - 7:45pm

Senior Youth Group: Years 8 and over (age 13-17 years)

These sessions will have many activities offering a time to be creative (arts, crafts, dance), play games, play sports (Football, Dodgeball, Rounders) but most of all to have fun!
Consistent staff will be available to listen and support you to enjoy this group and hear your ideas for future sessions.
Healthy snacks and water will be provided free of charge.
We plan to develop a low-cost shop for different snacks in the future. Due to allergies food and drink cannot be brought into the sessions, and we kindly request that mobile phones are not brought into the group.

VENUE: Discovery Centre, Columbia Way, King's Lynn, PE30 2LA

nwnyouththebenjaminfoundation

For further information, please contact
angela.teague@benjaminfoundation.co.uk

Kindly supported by:

Freebridge COMMUNITY HOUSING

Placeshaping Team WORKING TO SHAPE OUR COMMUNITY

The Benjamin Foundation
www.benjaminfoundation.co.uk
Registered Charity Number: 1124936
Company Number: 3825425

King's Lynn
FREE Youth Group (Juniors)
The Benjamin Foundation
Opening on Tuesday 26th April 2022
4pm – 5.45pm
Junior Youth Group Years 3-7 (age 8-12 years)
These sessions will have many activities offering a time to be creative (arts, crafts, dance), play games, play sports (Football, Dodgeball, Rounders) but most of all to have fun!
Consistent staff will be available to listen and support you to enjoy this group and hear your ideas for future sessions.
Healthy snacks and water will be provided free of charge.
We plan to develop a low-cost shop for different snacks in the future. Due to allergies food and drink cannot be brought into the sessions, and we kindly request that mobile phones are not brought into the group.
VENUE: Discovery Centre, Columbia Way, King's Lynn, PE30 2LA
nwnyouththebenjaminfoundation
For further information, please contact
angela.teague@benjaminfoundation.co.uk
Kindly supported by:
Freebridge
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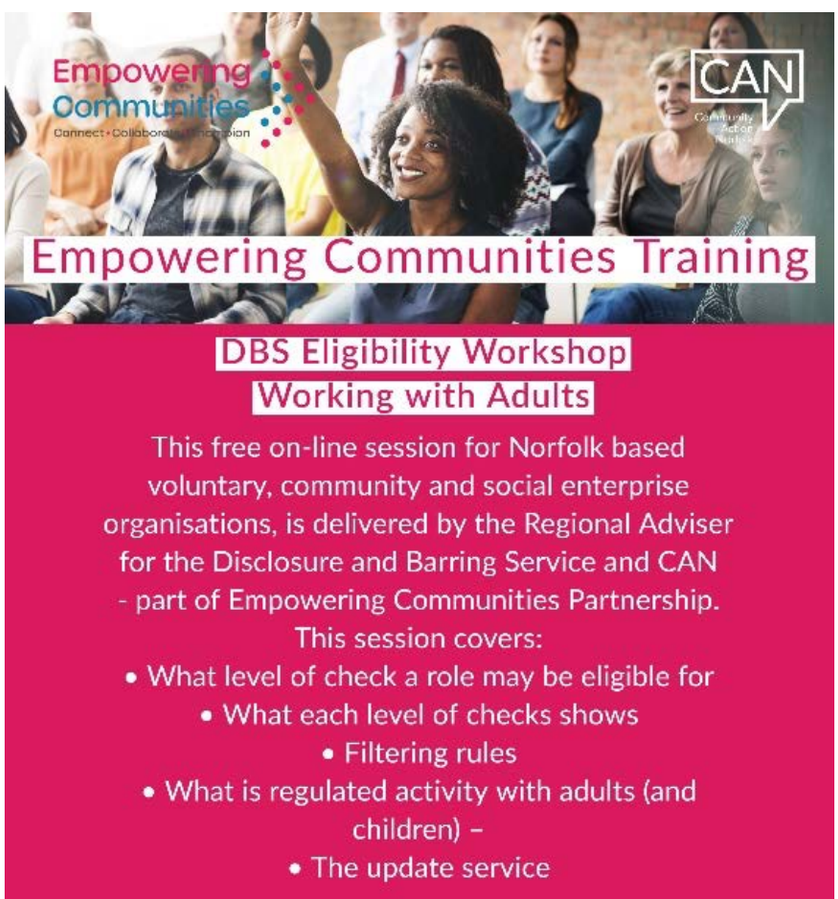
TRAINING


Empowering Communities
CAN
Empowering Communities Training
DBS Eligibility Workshop
Working with Adults
This free 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 level of check a role may be eligible for
• What each level of checks shows
• Filtering rules
• What is regulated activity with adults (and children) –
• The update service

Time: 2pm – 3:30pm
Date: 6th June 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.

An Introduction to Safeguarding Adults

This 2 hour session provides West Norfolk based voluntary, community, and social enterprise organisations with an introduction to safeguarding adults.

An opportunity for staff and volunteers to learn about:

- Identifying what constitutes an adult at risk
- What is meant by abuse and neglect
- Recognising the signs of abuse
- Understanding your duty of care to adults at risk
- Key principles to assess weather someone's has the capacity to make their own decisions

7th June 202023 10am-12pm
Online

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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COST OF LIVING

The Cost of Living Conversations

Natalie Williams, CEO at Jubilee+, presents a dynamic table of conversations for those who are passionate about social justice. Aiming to inspire and equip churches to take action for their communities in this cost-of-living crisis.

Watch the conversations

We're here if you need help

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ANG130/08/21

WE CAN SUPPORT YOU!

If you would like...

- Professional and friendly advice & support
- Help with CVs and learn key job search skills
- Access training and voluntary positions
- Improve your confidence & wellbeing

VOLUNTARY NORFOLK

To access this free one to one support, email us on employment@voluntarynorfolk.org.uk or visit https://www.voluntarynorfolk.org.uk/employment-referral-form/ and one of the team will get back to you.

REPORTS

The Bloom Report

THE BLOOM REVIEW

Does government 'do God?'

An independent review into how government engages with faith

Colin Bloom was appointed by the former Prime Minister, The Rt Hon Boris Johnson MP to deliver the Independent Faith Engagement Review in September 2019. A call for evidence that posed a series of questions around how those of all faiths, or none, perceive the government's engagement with faith organisations ran from November to December 2020.

The Bloom Review drawing on over 21,000 responses to the call for evidence, examines how government should engage with faith groups in England. It includes 22 recommendations to the Secretary of State for Levelling Up Housing and Communities on how engagement can be improved, both in terms of recognising the contribution of faith communities, ensuring fair treatment when using or working in public service, and addressing harmful practices linked to faith.

The Bloom Review was published on 26 April 2023.

Download the Bloom Report

FUNDING

Meet the Funders Event

This is a FREE in-person funding event for West Norfolk VCSE organisations at West Norfolk Deaf Association, 32b Railway Road, King's Lynn PE30 1NF

Monday 26th June 2023 – 11am to 2pm

Are you a West Norfolk voluntary, community or social enterprise organisation? Are you looking to develop an idea, activity or project but need to know if you can get funding for it?

Book a place to chat with any (or all) of the three funding organisations attending our in-person event to discuss your project.

20-minute chat slots are available with funders - available on the hour and half hour with:
The National Lottery Community Fund
GrantScape
Norfolk Community Foundation

To book your slot please email Jackie Cushing at: jackie.cushing@communityactionnorfolk.org.uk

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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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