View this email in your browser

**At the moment, I am waiting for my Booster jab. I feel very fortunate to be offered this additional protection, especially when many people across the world are still awaiting their first dose.**

As well as being a vaccination, a 'Booster' can take many other forms. One of the most powerful boosters can come in the form of encouragement. A kind word, well timed, can make all the difference.

I remember when, as a teenager, I was wondering what career I should pursue. One day my headteacher drew me aside and told me that he thought I'd make a good nurse. That word of encouragement brought the decision I needed. He gave me a seed that led to an incredibly rewarding 35-year teaching career.

As a teacher, I soon learnt the power of praise as a booster. At the right time, a few words could change the direction of a pupil's life for the better. Many times since when I saw children grow before my eyes. They would literally stand taller, puff out their chests and strike back to their desks.

Perhaps the best of all boosts comes from discovering that you are loved, unconditionally. Nothing builds self-esteem more, gives courage to face difficulties, and hope for a better future.

Unconditional love is something that is promised in scripture. The Bible tells us that God's love for us is unconditional, and more than anything, he wants us to realise it. That realisation can be the greatest booster of all. (Luke 4:18NI chapter 15 and verse 10 for example.)

One of the privileges we have, living as relational human beings, is that we can be the booster that somebody else needs. We can be the person that brings the kind word at the perfect time, offers the shoulder to cry on, or the smile of encouragement just when it's needed. We can be the person that listens, and in listening enables the someone to discover new strengths within themselves. We can be the booster that helps someone build resilience and hope.

We may be anxious about a booster jab but boosting can be a joy!

**News**
New Chaplains Commissioned
More mental health cafe
Bereavement Cafe
Building resilience at The Workshop

**Take Action**
Make the promise with Pandora
Have your say youth survey

**Volunteering**
King's Lynn Night Shelter
Volunteer drivers needed
Volunteer with Purfleet Pathways

**Reports**
Dragged down by debt: JRF

**Newsletters**
Working Together: Sector newsletter

**Funding**
Norfolk Community Foundation: Funding News

## NEWS

### New Anna Chaplains commissioned

Anna Chaplain working closely with the leadership team of the local church in order to serve the elderly in each community.

Anna Chaplains in the diocese

Anna Chaplains nationwide

### New Mental Health Cafe

Steam House is a new Mental Health Cafe in King's Lynn with an Open Day on Tuesday 16th November 2021.

### Bereavement Cafe

### Building resilience at The Workshop

We are offering a 10 week course building on resilience, confidence and social skills, through the arts. It offers a lovely outlet for any child or young person in need of a positive space/nurturing environment, which will help them engage with others, build self esteem, self confidence and self belief, which will help them being socially isolated, living in poverty, being very shy, struggling at school, or to any of the complex reasons linked to having a social worker.

The programme aims to strengthen children and young people's sense of belonging within their communities and dependent on age, the links they have to local services and further education providers. We hope by the end of the course that they will have developed the skills and confidence to access our mainstream provision and beyond. We have a very strong offer of support and that is, they can stay with us and repeat our foundations programme as many times as they would like. Each term, they'll receive a voucher for a free swim, cinema or gym pass to reward them for their participation.

**We have a Network Referral Meeting here at our base in King's Lynn on the 23rd of November at 10:00am and it would be great to meet as many people as possible.**

Kindest regards
Lisa -
01553 277919

The Workshop
26 New Conduit Street
King's Lynn,
PE30 1DL

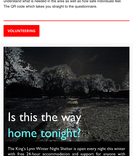
## TAKE ACTION

### YOU ARE INVITED
TO MAKE THE PROMISE.

### YMCA/Freebridge survey youth opinions

YMCA are completing a consultation on behalf of Freebridge to better understand what we need to do to make our local area more individuals feel. The QR code which takes you straight to the questionnaire.

## VOLUNTEERING




### Volunteer Drivers Needed

Are you interested in making a difference in your local community?

Do you have time to spare?

Do you have a full UK drivers licence and fully comprehensive car insurance?

We are looking for Volunteers in your area to drive passengers to medical appointments, shopping trips and more.

Mileage is paid for at 45p per mile.

For more information please contact us on:

01553 776971 or

volunteers@wrict.co.uk

Volunteer Opportunity

Purfleet Pathways are always looking for friendly and willing volunteers to help at the Pathways Warehouse - Please contact us if interested

purfleet
Pathways

**56/57 Bergen Way**

**King's Lynn PE30 2JG**

**Email:tonihaylett@purfleetfreet.org.uk**

**Tel: 01553 671375**

**Please see the separate sheet for more information on the different volunteer roles.**

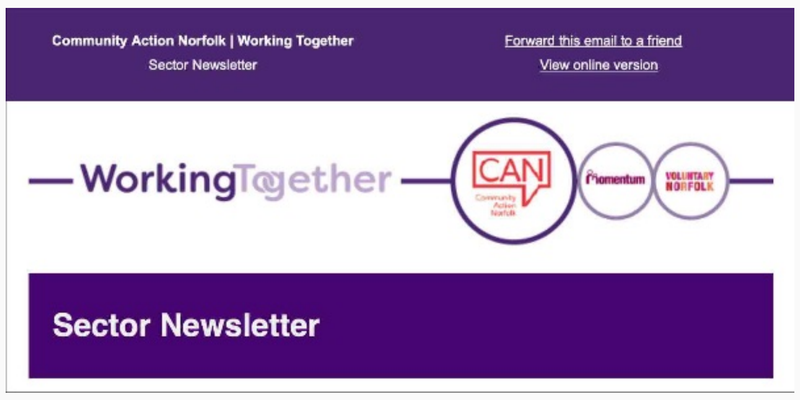
PREPARING PEOPLE FOR WORK, INDEPENDENTLY AND MOVING PEOPLE INTO EMPLOYMENT
purfleet
Purfleet Pathways
Can you support the new Purfleet Project?
What is the Purfleet Pathways?
Volunteer Roles
HOW CAN YOU HELP?
CAN YOU HELP?
Volunteer Application Form
Volunteer Role Description
Volunteer Application Form
Volunteer Role Description
Volunteer Application Form
Volunteer Role Description

the pandemic so far, are also being dragged down by debt as we look to our economic recovery.

3.8 million low-income households across the UK are in arrears, and 4.4 million have had to take on new or increased borrowing through the pandemic. Many of these households weren't in arrears before the pandemic, and have faced income loss and increases in their expenses.

**Read the report**

## NEWSLETTERS




**Sector newsletter**

## FUNDING

**Funding News**

## 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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