IMAGINE NORFOLK TOGETHER
newsletter

I never met the queen, although I think I saw the back of her head once as her cavalcade sped down a London street before the State Opening of Parliament! However, I do know some people who have met her. One of those is Jon Kuhrt* and I would like to share his thoughts about our much loved monarch, and particularly her Christmas messages.

One of the most interesting developments in the Queen's communication in recent years has been her increasing openness about her Christian faith.

In her Christmas message, often the most watched single programme over Christmas, she has shared her beliefs to the widest possible audience. I think she has been Britain's best public theologian for these 4 reasons:

1) She speaks personally

"For me, the life of Jesus Christ, the prince of peace, whose birth we celebrate today, is an inspiration and an anchor in my life." (2014)

"It is my prayer this Christmas Day that Jesus' example and teaching will continue to bring people together to give the best of themselves in the service of others." (2012)

No one has a more public role than the Queen, but she is markedly personal in the way she talks about her faith. She continually uses words like 'for me'; 'my life' and 'my prayer'.

Like all personal testimony, this is powerful and induces respect in those listening. It is in contrast to sharing bland platitudes about 'Christian values'.

2) She focuses on the person of Jesus

"This is the time of year when we remember that God sent his only son 'to serve, not to be served'. He restored love and service to the centre of our lives in the person of Jesus Christ." (2012)

"God sent into the world a unique person – neither a philosopher nor a

general…but a Saviour, with the power to forgive." (2011)

It would be easy for someone in her position to offer a anodyne message about thinking of others and being kind. But the Queen is unabashed about talking directly about the example and achievement of the person at the heart of the Christian faith.

3) She speaks inclusively

"The Christmas message shows us that this love is for everyone. There is no one beyond its reach." (2013)

"Christ's example has taught me to seek to respect and value all people, of whatever faith or none." (2014)

Obviously the Queen is Head of State for a very diverse group of people. And consistently, the Queen emphasises that God's love is for all people and that believing in this love should drive us to respect and value everyone, whatever they believe. It is the opposite to the kind of faith which seeks to silence and destroy those who are different.

4) She speaks about faith in action

"Reflection, meditation and prayer help us to renew ourselves in God's love, as we strive daily to become better people." (2013)

"Forgiveness lies at the heart of the Christian faith. It can heal broken families, it can restore friendships and it can reconcile divided communities. It is in forgiveness that we feel the power of God's love." (2011)

Anyone speaking effectively about faith today cannot do so by just speaking about abstract beliefs – they need to make the connection to what faith does.

The Queen refers to the reconciliation, service and love which flows from Christian commitment. It emphasises that faith must make a difference to how we live – it must be a force which helps us become 'better people'.

Clarity and confidence

Many people have misgivings about the opulence and inherited privilege bound up with the Royal Family. But many Royal-sceptics also have deep respect for the way the Queen has conducted herself.

And what I have most admired about the Queen is her willingness to express her faith with such clarity and confidence in the public sphere. Too often, 'God-talk' is considered private or hidden away within books or purely religious environments.

In speaking personally, focussing on Jesus, being inclusive and connecting faith to action, she has been the best public theologian we have had. And what is more, she has lived out her faith through her example of commitment and duty.

May she Rest In Peace and Rise In Glory.

First published in Jon Kuhrt's blog Grace and Truth https://gracetruth.blog

*Jon Kuhrt has worked with people affected by homelessness and poverty for 25 years. He is a former CEO of West London Mission and is now a government adviser focusing on how faith and community groups address rough sleeping.

Employment Vacancies
King's Lynn Debt Centre: Centre Manager
King's Lynn Foodbank: Administrator

News
Foodbank's harvest list
Discovery Centre: Food for Thought
Energy Help

Volunteering Vacancies
King's Lynn Night Shelter

Events
Ecumenical service to commemorate Queen Elizabeth II at the Minster: 16th September
Churches Together AGM: 21st September
VIY King's Lynn: 13th - 30th September King's Lynn
Women's World Day of Prayer AGM: 1st October

Resources
CAP: Responding to UK poverty
CUF: Growing Good

Training
Making Volunteering Accessible to All: 27th September Dementia Friends Information Session: 21st September
Gambling Awareness: 12th October
Substance Awareness: 13th October

Funding
Norfolk Community Foundation Newsletter

Reports
Trussell Trust: Tackling the true cost of living
APPG: Keeping the Faith 2
Faith Action: Faith Covenant

EMPLOYMENT VACANCIES

Centre Manager for King's Lynn Debt Centre

King’s Lynn Debt Centre in association with CAP Christians Against Poverty
Debt Centre Manager

The new Manager will operate the well-established and successful Debt Centre which serves people who live in the town and surrounding area. The Debt Centre manager works by coming alongside those who find themselves in unmanageable debt. With expert support from staff at CAP, the Debt Centre offers solutions to clients for them to become financially secure.

The post is part time, initially for 16 hours per week. The salary £20,500 - £23,500 pro rata. Final appointment to the post would depend on selection by local interview and by the CAP national team.
Christians Against Poverty are on a mission to set people in our nation free from a life of debt, poverty, and their causes. All their services, including Debt Centres, Job Clubs, and Life Skills, are run through local churches. This means they can offer clients not only expert practical support, but companionship, hope and a chance to hear the Gospel.

King's Lynn Debt Centre was established and is overseen by partner churches – King's Lynn Evangelical Church, King's Centre Church, The Church in the Woottons, and King's Lynn Cornerstone Baptist Church.
Applicants will need to demonstrate:

- Clear and committed Christian faith and membership of a church
- Evidence of concern and commitment to the poor
- Willingness to support and promote the values of Christians Against Poverty.

Closing date 30th September 2022

For an application pack, and to register your interest in the post, please email James Nash james@churchinthewoottons.net

Registered Charity no. 1167702

King's Lynn foodbank

Administrator

12 hours per week

Could you be the person that helps to ensure King's Lynn Foodbank can continue to serve people in food crisis?

King's Lynn Foodbank seeks an Administrator to cover Maternity Leave. We are looking for a person who is reliable, organised, enthusiastic and who has excellent communication skills; someone who can work as part of a team and help manage our volunteers.

The Administrator will support the Project Manager with the administration for the charity, including being a first point of contact for telephone or email queries, and supporting the Treasurer with the charity finances. The cost of living crisis means that your help is more important than ever.

Wage: £9.88 per hour
Temporary contract to cover the maternity leave of our current post-holder.

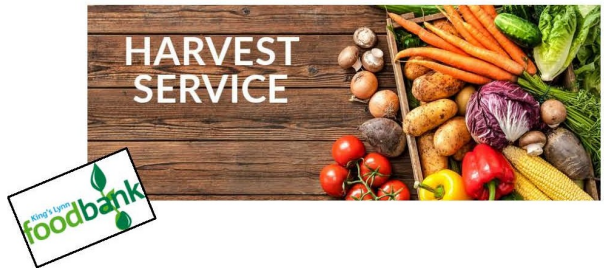
To express interest, please send your CV and request for a job description and application form to Helen Gilbert by email: helen@kingslynn.foodbank.org.uk or phone: 07582 558143

Closing date for applications: 5pm on Friday 30th Sept 2022
Interviews will take place on Wednesday 12th Oct 2022

King's Lynn Foodbank is a charity founded on Christian principles. Not every member of the team is a Christian, but we all subscribe to the same values and hope new team members will too.

NEWS

Foodbank's harvest list



HARVEST FESTIVAL season is upon us!
Since King's Lynn Foodbank opened its doors in 2011, we have been overwhelmed by your support and the community's kindness and generosity. As you can imagine with the increased cost of living, we are seeing increased demand for our services – we've fed 35% more people during summer 2022 than last year.

With Harvest approaching we are asking you to consider, partnering with us by collecting non-perishable food or by taking up a monetary offering to help families with their increased energy costs. Our most needed items are:

• Tinned meat
• Tinned fish
• Dried noodles/pot noodles
• Small bottles of squash
• Tinned rice pudding
• Tinned fruit
• Shampoo & Conditioner
• Toilet Roll
• Small boxes of washing powder

Our energy voucher scheme has become increasingly crucial in recent months as the cost of living crisis affect more people. We've had 120% more requests for energy help between June-August 2022 than in the same months last year. People referred for this help can get either a £28 or a £49 voucher (depending on whether they have children in their household) which can then be paid directly onto their prepayment meter.

If you would like to donate money to our energy scheme, our bank account details are:
Account Name: KL Foodbank
Sort Code: 40-26-11
Account: 91808443
Reference: Fuel Harvest

Once again thank you for standing with us and supporting us over the last eleven years and especially through these uncertain times, without you we could not have provided for so many people.

Foodbank's Facebook page

Free food sessions return from 16th September

Our Food for Thought sessions restart next week **at the Discovery Centre** in King's Lynn. They take place every **Friday (9.30 – 11.30)** and are **FREE to attend**. They are designed to help people cook tasty and nutritious food on a budget. Each week is themed. People do not have to commit to attending every session. They are run in partnership with the College of West Anglia and Freebridge and funded by the East Coast Community Fund.

Energy Help

Created before the most recent government announcement of the Energy Price Guarantee on 9th September.

Help with energy costs

foodbank

(This information has come from the Money Saving Expert website - please go there for further information)

Hardship Grants offered by energy suppliers:

Supplier Scheme	Who can apply for it	How much you could get	How to apply
British Gas Energy Trust	Open to customers of ALL energy suppliers. You won't be able to receive help if you've had a British Gas grant in the past two years	Up to £1500	British Gas website
EDF Energy	EDF customers experiencing hardship	Unconfirmed	Call 0800 269 450 (1)
E.on Next	E.on customers Sainsbury's Energy customers	Unconfirmed	Call 03303 801 090 (1)
Octopus Energy	Octopus Energy customers and also to customers of: Affect Energy, Co-operative Energy, Ebico Living, London Power, M&S Energy	No set limit - depends on your circumstances	Via the Octopus web form (you must be logged into your account)
Scottish Power	Scottish Power customers in receipt of: - income support, jobseeker's allowance, pension credit, or employment and support allowance - See full info on the Scottish Power website	Varies depending on need and funds available	Via Scottish Power's web form - see their website
Shell Energy	Shell Energy customers - No specific eligibility criteria - See full info on the Shell Energy website	No set limit - depends on your circumstances	Call Shell on 0330 094 5800
Utility Warehouse	Utility Warehouse customers - In fuel poverty, or about to go into energy debt or run out of prepay credit - See full info on the Citizens Advice website	Unconfirmed	Call Utility Warehouse on 0333 777 0777

Almost all households to get £400 this winter to help with rising energy bills

Part of the Government's 'cost of living support' package announced in May was that all households with a domestic electricity meter will get a £400 energy grant.

Monthly direct debit customers and standard credit customers: You will get this money automatically.

Smart prepayment customers: You'll get the grant automatically as credit applied directly to your meter in the first week of each month.

Traditional prepayment customers: You will **NOT** get the money automatically. You have to redeem it to get it. You'll need to ensure your supplier has up-to-date contact details for you as your money will be sent as six separate vouchers via text, email or post - which you'll need to redeem by topping up your electricity meter as normal in a shop or post office.

Crucially, the Government has said you'll have three months to redeem each voucher - and if you lose them or they expire, they can only be reissued up until 31 March 2023. So you could miss out if you don't act to redeem all of them in time.

Cost of Living Payments:

If you received the first Cost of Living payment (£326) in July, the final payment (£324) will be made this autumn. The date has not been announced at the time of printing this

State Pension Age?:

Every UK household with someone over state pension age (aged 66 or above) between 19 and 25 September 2022 is entitled to help towards their energy costs under the Government's Winter Fuel Payment scheme, which is usually between £100 and £300. This year, you will also get a one-off £300 top-up to the winter fuel payment. It'll be paid automatically in November or December.

Those on certain disability benefits:

There will be a one-off payment of £150 in September to those in receipt of the benefits listed below. This will be paid straight into the account you currently receive your benefits into and is designed to help towards the cost of specialist equipment and food, and increased transport costs.

To qualify, you must be receiving, or have begun an eventually successful claim as of 25 May 2022 for, one of the following benefits:

- Armed forces independence payment
- Attendance allowance
- Constant attendance allowance
- Disability living allowance
- Personal independence payment
- Scottish disability benefits
- War pensioners' mobility supplement

Norfolk Assistance Scheme:

The Norfolk Assistance Scheme (NAS) helps people who are in financial hardship and cannot pay their living costs. For those who are eligible, NAS can:

- Provide emergency financial help
- Supply essential household goods and furniture
- Give support, guidance and advice

You will need to complete an application with evidence of your financial situation. More information and the application form are available on their website:

www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme

The Foodbank can help you to apply if you are finding it difficult.

The County Council runs the Norfolk Assistance Scheme (NAS) to help those struggling with costs, and are particularly keen to help people over aged 65 and people who are disabled or carers. For more information about this scheme (who can apply, financial help with food and energy costs, help with white goods and furniture), go to:
www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme

For more information and money saving tips, updated daily, have a look on the Money Saving Expert website
https://www.moneysavingexpert.com

VOLUNTEERING

KING'S LYNN CHURCHES TOGETHER NIGHT SHELTER

On Thursday 6th October the King's Lynn Night Shelter will open again to provide emergency accommodation to some of the most vulnerable people in our community. We are now recruiting for volunteers to help with this vital work.

Information and training evenings for new volunteers will be held at 7pm at St John's Church in the Walks, next door to the Night Shelter, on Thursdays 15th and 22nd September, and on Tuesday 11thOctober. We ask all new volunteers and potential volunteers to come to one of these evenings: refreshments will be served and there will be a chance to chat with some of last year's volunteer team and ask questions as well as covering the essentials of the role.

Volunteers offer as much or as little time as they are able, typically a morning, evening or night once a week or once a fortnight. Their roles include making a hot evening meal for our homeless guests, chatting with them, making breakfast, making beds: the Night Shelter staff work with our volunteers at all times to take responsibility for everyone's safety and wellbeing.

Lucy McKitterick, Night Shelter Co-ordinator, said: "Many of our volunteers return year on year and tell us that their time at the Night Shelter is immensely rewarding. It is our volunteers who make the Night Shelter a "family home" for our guests, and the gift of their time and kindness makes a huge difference to our work. There are no special skills required but we do especially need night owls … so if you're up for making a cup of tea and being a listening ear at midnight for someone in need, we'd definitely love to meet you!"

The Night Shelter opens this season from 6th October 2022 until 30th June 2023, and plans to open year-round as soon as funding makes this possible.

For more information see our new website www.klnightshelter.org.uk

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EVENTS

Ecumenical Service at Minster to commemorate the life of HM Queen Elizabeth II

Dear Brothers and Sisters in Christ

Warmest greetings. You, and your congregations, are warmly invited to an Ecumenical Service, with representation from our interfaith communities, at Kings Lynn Minster on **Friday September 16th at 6pm** to remember and **commemorate the life of HM Queen Elizabeth II.**

With peace and blessings

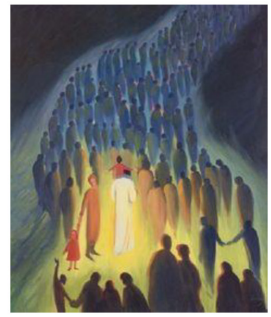
Karlene Kerr

Moderator, Churches Together in Kings Lynn

Churches Together AGM

CHURCHES TOGETHER in King's Lynn

AGM



5 minute talks on local church projects.

Wednesday 21st September 2022 at 7.00pm at the

Methodist Church, London Rd, King's Lynn, PE30 5PY.

Volunteer It Yourself (VIY) combines volunteering and DIY for young people aged 14-24 to learn trade skills by helping to fix local community buildings in need of improvement.

*Our newest project is taking place at **Mr Bee's Family Centre** (located at Columbia Way, PE30 2LB) and will run from **13th - 30th September**. We will be redecorating the space, developing a garden and nursery area, and building fencing & benches.*

Flexible 2-4 day placements to learn carpentry, H&S and painting & decorating skills!
Tuesday - Friday, 10:00AM - 3:00PM

This is a free opportunity - VIY can provide assistance with transport and lunch costs where needed.

We are looking to offer these opportunities to local young people aged 14-24 who are NEET* or at risk of becoming NEET.

*not in education, employment or training

Get Involved!

By taking part in VIY, you or young people you support can:

- Learn new trade skills for free!
- Be mentored by professional tradespeople
- Meet new people and build confidence
- Gain **City & Guilds Entry Level 3** accreditations, globally recognised qualifications that could help with employment opportunities in the future
- Support with finding further training/employment opportunities post-project
- Do something positive for the community

See our work across Norfolk so far this year

Sound good? Get in touch: **outreach@teamviy.com**

City & Guilds Dulux let's colour SPORT ENGLAND TP

Women's World Day of Prayer AGM

I am the Branch Organiser of the King's Lynn Branch of the Women's World Day of Prayer organisation and I and the Secretary/Treasurer, Margaret Shelton, have each been involved constantly for well over 30 years.

We have decided that it is time to step down after the service next year on 3rd March 2023. But, nevertheless, we are concerned for its future so we are trying to instigate an element of succession planning to ensure its' continuation. The national organisation celebrates 40 years of its existence in the UK next year, and it would be a great shame if the Town Centre Churches branch was to fold after such a lengthy and successful span.

I am urging each representative to canvas the priest/minister and the congregation in your individual churches to consider the situation and see if anyone can come up with ideas and suggestions as to how we can best take this forward, to ensure the continuance of the King's Lynn Branch beyond 2023.

Our AGM will be held on:
Saturday, 1st October at 10.00am in The Minster, Saturday Market Place, King's Lynn. Refreshments will be provided on arrival, and the meeting will last about 2 hours.

Everyone is welcome to attend, or please feel free to pass on your thoughts, comments and ideas to be considered at the meeting, via my email - christine.a.james@btopenworld.com
or by phone on 01553 775535,
and mobile: 0786 407 9145.

Thank you for your attention and consideration. I look forward to receiving your input in due course.

With best wishes,

Christine James
Branch Organiser.
King's Lynn Branch 3101
WDP.

RESOURCES

Free resources have been launched to help churches respond to UK poverty. The resources focus on the cost of living crisis, encouraging churches to lament but also to listen to how God is calling us to respond and build a more hopeful future.

Download resources

BROUGHT TO YOU BY CUF

We have produced a free resource pack to help churches give thanks and celebrate all the gifts in their communities this harvest time.

Including prayers, activity ideas for all ages and sermon notes, the resources reflect the Growing Good theme of participation – inviting everyone to be part of what's going on.

All the resources are now available to download.

We hope you find the resources helpful as your church celebrates the gifts that are present in your congregation and community this harvest. As many individuals and families face a challenging and worrying time, now more than ever, we need communities of hope and support.

Download

TRAINING

Good Practice Workshop: Making Volunteering Accessible to All

Workshop for volunteer involving organisations about how we can make volunteering more inclusive and accessible to people with disabilities.

TUESDAY 27 SEPTEMBER 2022
2PM-3.30PM

Book your place via Eventbrite

Empowering Communities
Connect • Collaborate • Champion

VOLUNTARY NORFOLK NETWORK

Empowering Communities Training

Dementia Friends Information Session

This free 1 hour on-line Teams session for Norfolk based voluntary, community and social enterprise organisations, is delivered by Alzheimer's Society and CAN - part of Empowering Communities Partnership.
Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. This session aims to provide attendees with information about dementia and explores the actions, big or small, that people can take as a Dementia Friend, to support people affected by dementia.

Time: 11am – 12pm via Teams
Date: 21st September 2022

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

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

Empowering Communities Training

Gambling Awareness (a hidden addiction)

This free 2 hour online session provides Norfolk based voluntary, community, and social enterprise organisations with an understanding of the impact of gambling.

Delivered by Magdalena Mazurkiewicz, Training and Engagement Lead for GamCare, the session will be opportunity to discuss these issues and:

- Gain an understanding of problem gambling issues
- Learn about the impacts and risks of problem gambling.
- Increase your confidence to discuss the subject of problem gambling.
- Gain vital knowledge about screening tools and referral pathways for support and treatment.

Time: 10am – 12pm via Zoom
Date: 12th October 2022

To book a place please email tasha.higgins@communityactionnorfolk.org.uk

GamCare

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

Communities

Substance Awareness for West Norfolk VCSEs

Delivered by jack Cross from CGL (Change, Grow, Live), this 1 hour online training session provides West Norfolk organisations with an opportunity for staff and volunteers in Norfolk to learn about:

- The health effects of substances (mental and physiological),
- What CGL do to support people

Online: 13th October from 11am- 12pm

Please contact Jackie to book a place at jackie.cushing@communityactionnorfolk.org.uk.

CAN Community Action Norfolk

Please let us know if you have any learning needs when booking

Change Grow Live

FUNDING

NCF Funding Newsletter

Although some deadlines have past there is plenty of helpful funding news here.

NCF Funding Newsletter

REPORTS

Food bank need has accelerated during the **cost of living** crisis. Evidence from our network of food banks shows how the **cost of living** crisis has impacted households on the lowest incomes.

Tackling the True Cost of Living

Going without: Deepening poverty in the UK

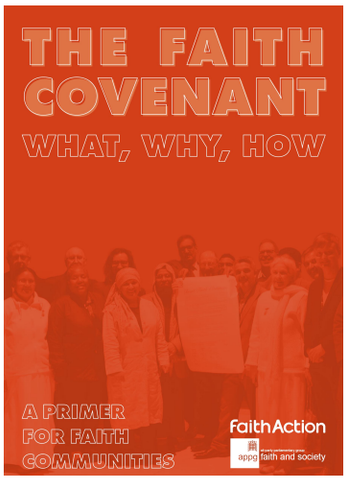
Keeping the Faith 2

The research, led by **Professor Chris Baker** of *Goldsmiths, University of London*, builds on 2020's *Keeping the Faith*, looking at the extent to which COVID-19 has changed the nature of partnership working between faith groups and local authorities, and what this means for post-pandemic Britain.

Keeping the Faith 2.0 was launched in Westminster on Wednesday 7th September

Download a copy

Faith Covenant - What, why, how?



On Monday, we were excited to release *The Faith Covenant: What, Why, How?* a document developed by the All Party Parliamentary Group on Faith and Society, to help local authorities and faith groups looking to adopt a Faith Covenant in their area.

Read report

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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