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**Activities: Get Involved Week, 28<sup>th</sup> September – 4<sup>th</sup> October**

Have you ever wanted to get more involved in your neighbourhood? Have you been impressed by some of the excellent work that community and voluntary groups undertake in the city and thought it would be fun to give it a go? Here is your opportunity.

Get Involved Week is running from 28<sup>th</sup> September to 4<sup>th</sup> October 2015. This is an exciting taster week, hosted by local community groups across the city, where you can try your hand at a wide range of activities and find out how you can get more involved in your neighbourhood.

There are over 80 activities to choose from to suit all ages, interests and locations, including helping at childrens' clubs, refurbishing bicycles, supporting people with learning disabilities, conservation work in one of the city's green spaces, radio broadcasting, driving, organising community festivals... the list goes on!

To see the full timetable of activities, visit [www.norwich.gov.uk/getinvolved](http://www.norwich.gov.uk/getinvolved).

Please circulate this information to all your members, users, parents. Volunteering is great for your CV, the community and the soul, and this is a great opportunity for residents to get a taste of what activities are out there.

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**Jobs: Asda Hall Road**

Asda are now hiring for their new store on Hall Road. The application process appears to be entirely online and can be found at [www.asda.com/jobs](http://www.asda.com/jobs).

If residents need help in using the online system to apply then local organisations are offering regular drop-in support from now until half-term:

- Wednesdays, 10am – 2pm: New Hope Christian Centre, Martineau Lane
- Thursdays, 2pm – 4pm: East City and Framingham Earl Area Children’s Centre, Duckett Close

Residents are encouraged to drop in to any of these sessions where volunteers will be on hand with laptops to help them apply for a job. On Thursdays, there will also be a money advice expert at the Children’s Centre to discuss any questions residents may have about the impact of paid employment on their benefits and overall income.

The City Council are also holding a jobs fair at St. Andrews and Blackfriars Hall on Wednesday 23<sup>rd</sup> September from 10:30am until 2:30pm where residents can get similar support for these and other jobs.

Please forward this information throughout your networks. It’s important local residents know about these jobs and the support available to complete the application.

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**Events: Community Lunch, Monday October 19<sup>th</sup>**

The next networking lunch for the south Norwich neighbourhood will be on Monday 19<sup>th</sup> October from 12:30 – 14:00 at Old Lakenham Community Centre on Harwood Road.

This lunch is for any individuals, organisations or community groups working in the south Norwich neighbourhood. A further email will go out shortly with additional details, but put the date in your diary!

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**Activities: Norfolk Says No Week, 23<sup>rd</sup> – 27<sup>th</sup> November**

Norfolk Says No 2015 runs from 23<sup>rd</sup> to 27<sup>th</sup> November. The week is for agencies, charities, community organisations and residents to come together to raise awareness of the ongoing issue of domestic abuse and take a united stand against it.

Community organisations are perfectly placed to raise awareness about this issue and we are seeking groups who we can work alongside during this week to do this. Activities could range from having a pledge wall in a reception area to workshops from experts to craft sessions.

All ages are affected by domestic abuse, and sessions can be tailored appropriately.

If you are interested to have a chat about what we might be able to do, please email [maxgriffiths@norwich.gov.uk](mailto:maxgriffiths@norwich.gov.uk).

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**Funding: Norwich City Council's Small Community Grants**

The next round of the Norwich City Council small community grants programme is now open. Grants of up to £500 are available for day to day running costs, small projects or activities.

Any community group in Norwich who has an annual income of under £10,000 and has not received a grant from this fund in the past 18 months is eligible to apply.

The deadline for the next round of this funding is Friday 24 October 2015. For more details see the link below:

<http://www.norwich.gov.uk/YourCouncil/KeyDocuments/CouncilPoliciesAndStrategies/commissioning/Pages/SmallCommunityGrants.aspx>

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#### **Activities: Norwich Befriending Service**

Please find attached some information about the Norwich Befriending Service.

We offer a befriending service for individuals who have become socially isolated, perhaps through ill health, bereavement, or following a major life event. Our volunteers usually visit for an hour a week, and can continue visiting for up to 18 months, or even longer if required.

Our volunteers are happy to provide companionship in the home, but they can also accompany clients who would benefit from support outside the home, for example to go shopping, or to join a club or social group. All travel costs for the volunteer are reimbursed, in agreement with the client. We always try to match a local volunteer and client together, and your support in this would be much appreciated.

For further information contact [jules.alderson@voluntarynorfolk.org.uk](mailto:jules.alderson@voluntarynorfolk.org.uk), 01603 883860.

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**Activities: Volunteer with North Norfolk Stories**

Please find attached information about voluntary opportunities with North Norfolk Stories.

The project is seeking volunteers from across the county and aims to bring an annual heritage festival to North Norfolk with 20 participating venues across 11 towns.

There are a range of volunteer opportunities available from event volunteers to photographers.

For more information contact Laura on [northnorfolkstories@gmail.com](mailto:northnorfolkstories@gmail.com).

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**Events: The Hamlet Centre Trust Open Day**

Please find attached details about The Hamlet Centre Trust open day and music studio opening.

We would really love the local community to join us for this occasion. It takes place on Saturday 17<sup>th</sup> October at The Hamlet Centre, Ella Road, NR1 4BP.

If you would like to attend, please RSVP to [admin@hamletcentre.org.uk](mailto:admin@hamletcentre.org.uk).

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**Events: Come wine with me at the Base**

The base cordially invites you to join them for "Come Wine With Me - an evening of Fine Wine and Chocolate" (no experience necessary!)

Sniff, Swirl and slurp your way through a selection of fine wines hand-picked by HarperWells' Sommelier while an expert from Le Club De Cacao Chocolate Tasting Club indulges you with some of the best chocolates available.

Throughout the evening experts will be on hand to guide you and to explain the nuances of their art, teaching you how to tell the difference between a wine made from an Albarino Grape and a Pinotage Grape, how to spot a Pinot Grigio over a Sauvignon and the subtle variations between chocolate made from Criollo, Forastero and Trinitario Cocoa!

Come Wine With Me is taking place at the Virgin Money Lounge at 7pm on Friday 13th November with tickets priced £20 per person (in advance). To purchase tickets email [damon@thebasenorwich.org](mailto:damon@thebasenorwich.org). Please note that places are limited so early booking is essential.

All proceeds from this event will go to The base Community Trust to support the valuable projects they do with young people in the Norwich Area. Full details on their work can be found on [www.thebasenorwich.org](http://www.thebasenorwich.org)