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Free: gardening tools

We have a number of second-hand gardening tools to rehome to a community group who could make good use of them. There are 6 types of rake, 3 hoes and one set of long handled shears. If you could make good use of them, please contact maxgriffiths@norwich.gov.uk. First come, first served.

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Funding: Closing soon - grants of up to £500 available from Norwich City Council

A reminder that 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 8 May 2015. For more details see the link below:

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

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Funding: Supporting disadvantaged communities

The People's Postcode Trust's Small Grants Programme has grants of up to £20,000 available for organisations in a range of locations, including Norfolk. Funding is available for projects that advance citizenship or community development. Advancing community development involves creating opportunities for the community to learn new skills and, by enabling people to act together, helps further social inclusion and equality. Priority will be given to projects that are focused on improving life for disadvantaged groups and encouraging their inclusion within society. The deadline for applications is 30th April; find out more by clicking here: <http://www.postcodetrust.org.uk/small-grants.htm>

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Funding: Improve your neighbourhood

The First Steps programme aims to give small community groups the freedom to develop community action plans to improve their neighbourhood so that it reflects more of what local residents want, or do not want, and the changes they would like made. Constituted groups and incorporated organisations with a primary purpose which is charitable, philanthropic or benevolent can apply as long as they have a turnover of less than £50,000 a year and are based in an area of England that is described as 'deprived' in Government terms. The deadline for applications is 8th May; find out more by clicking here: <http://mycommunity.org.uk/programme/first-steps/>

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Activities: New Slimming World group

My name is Rebecca Jones. I am a local Slimming World Consultant opening a brand new group at The Hewett School (Dining Room) on 29th April. It will be held every Wednesday at 7.30pm.

Slimming World offers you a unique and generous eating plan and support system. The plan encourages you to eat lots of filling food like pasta, rice, potatoes, lean meat and fish. You are never hungry and no foods are banned so there's no deprivation.

Personally, I have lost 1 ½ stone so far and am still on my own journey towards target. When I first joined Slimming World myself as a member I never dreamed that I would end up helping other people to lose weight. It's a privilege for me to be able to pass on the experience, insight and understanding that helped me, so that I can give my members the support they need to live a healthier, happier lifestyle.

For more details, call Rebecca on 07881 698892.

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Activities: Gardening on Jenny Lind Park

This Saturday (18th Apr), from 10am, LTC Green Spaces will be digging out the old roses in our two beds on Jenny Lind Park. We also may be doing some planting.

Please come and help us, even if it's just for half an hour or less! Tools are provided (though if you have a spade you particularly like to use, then please bring it).

Also, there is an area on Lakenham Way, next to the Hall Road bridge, which has been cleared and where we're hoping to create a wildflower area. If you're able to help with weeding, raking and seeding before the end of April then let me know, and I'll arrange a time which fits in with you. Please note: the area is mostly a fairly steep bank so may not be suitable for all.

For more details, contact lctgreenspaces@hotmail.co.uk.

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Activities: Take part in Anglia in Bloom – It's Your Neighbourhood

Entries are now open for this years Anglia in Bloom It's Your Neighbourhood Awards.

It's Your Neighbourhood is a scheme for volunteer-led community gardening groups which are focused on cleaning up and greening up their local area. It provides small community groups with the chance to get involved in the wider RHS Britain in Bloom initiative. There is no charge to participate and it is a great opportunity to get recognition and support for the work you are doing to improve your community.

If you wish to take part, you will need to complete the attached form and submit it to the address on the form before the end of May.

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Activities: Free English classes from Norwich Mind

Norwich Mind are running more ESOL courses. The next course dates are 24th April to 03rd July (every Friday 6pm- 7pm) at the Millennium Library. The classes are free of charge however the delegates are required to attend at least 8 out of 10 sessions to get a certificate of attendance.

Please see the attached poster for further information.

For more information or to book a place, please contact Norwich Mind on 07920 506237 or 01603 432457.

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Opportunities: Get into Retail with the Princes Trust and M&S

The Princes Trust are now recruiting for their next Get Into Retail programme with Marks and Spencer, Norwich. The previous programme in September last year secured 3 month fixed term contracts for all 15 young people who completed the programme with some going on to secure permanent jobs at the store. For more information, see the attached poster.

If you are working with any person aged 16-25, unemployed and interested in a career in retail, please refer them for an interview by emailing Katrina.rand@princes-trust.org.uk their name, age and contact details.

Interviews are taking place on **Thursday 14th May** at Norwich Job Centre.

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Opportunities: Get started with hair and beauty and the Princes Trust

The Princes Trust have an exciting new programme for young people in Norfolk interested in getting FREE accredited qualifications in hair and beauty. Please find attached flyer for more details.

This is a 5 day course from 11th – 15th May in Costessey. Travel expenses are reimbursed and lunch is provided.

Accredited qualifications will be in the following: Manicure, Gel polish, Eye enhancement, Hair extensions.

At the end of the programme, we may be able to fund further courses for young people who complete the week.

The taster day is on 6th May, so if you have a young person who is interested, please can you send Katrina.rand@princes-trust.org.uk their name and contact details by **Wednesday 29th April**.

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Opportunities: Want to work in TV? Apply to the Network

Want to work in TV? Open to budding talent looking to gain experience behind the camera, The Network is a FREE four-day intensive practical course that teaches you everything you need to know about getting into TV, learning from the very people that make it, run it and even star on it!

Over four days during August, 50 Networkers attend masterclasses and workshops hosted by the teams behind some of Britain's best-known programmes - such as *Casualty*, *Sky News*, *Blue Peter*, *Pointless* and *Million Pound Drop* - giving delegates access to some of the top talent working in TV today. Past speakers have ranged from industry figures including *Doctor Who* writer Russell T Davies, broadcaster and screen writer Charlie Brooker, Chief Creative Officer, Channel 4, Jay Hunt, Director of Television, ITV, Peter Fincham, comedian John Bishop and newscaster Krishnan Guru-Murthy. With such an impressive list of contributors, you will be left in no doubt that The Network is the best chance you have of making your big break into television.

However The Network doesn't begin and end in August. Each Network participant is matched with an industry mentor and will have opportunities to apply for entry level roles in TV through our work placement scheme. The Network at Work scheme offers placements at some of the best independent production companies and broadcasters nationwide. Companies have previously included RDF, CBBC, Two Four, Raise the Roof and Nickelodeon.

Entrants must be over 18 years of age and have no more than 3 months paid experience working in TV. If you are looking for your break into the TV industry apply online at www.thenetwork-tv.co.uk. Closing date for entries is Monday 4 May 2015.

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Training: Free mental health awareness workshop from Norwich Mind

Norwich Mind are organising free Mental Health Awareness workshops for BME community members, faith group leaders, volunteers and /or people working with minority communities in Norwich. There are two sessions available – morning or afternoon on Tuesday 19th May, and sessions will be held at 50 Sale Road, Norwich, NR7 9TP.

The 3 hour workshop will help you gain information about and identify commonly diagnosed mental health problems, explore myths and misconceptions, and identify ways of looking after your own mental and emotional well-being.

Please see attached flyer for further details.

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Fundraising: ‘Shake, Rattle and Roll!’ 1950s rock and roll themed fundraising ball!

Join us for The Hamlet Centre Trust’s very first Fundraising Ball! ‘Shake, Rattle and Roll’ takes place at Sprowston Manor Hotel on Saturday 24th October 2015 and will be 1950’s rock and roll themed.

Tickets are £40pp and includes a three course meal and fabulous entertainment from authentic rock and roll party band ‘The Jukebox Jets!’ plus much, much more! Tables of ten are available.

So, dust of your jiving shoes, gather your friends and colleagues and get ready to rock around the clock in aid of a local good charity!

See the attached poster for more details, or contact Rachel@hamletcentre.org.uk or on 01603 751675.

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As always, if you have any information you would like circulated - projects, events, news, then please just email it over to me and I will include it in the next bulletin.

Please feel free to circulate this email to anyone you think may be interested, and if they would like to be added to the distribution list - just let me know.

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