

## Norwich City Council Neighbourhood Bulletin – June 2015

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## Get Involved Week – submit your activities now

Volunteering has a considerable positive impact across our city. This is thanks to the large numbers of residents who give up their time to improve their neighbourhoods, and provide opportunities so others can do the same.

In recognition of this the City Council is launching “Get Involved Week”.

We are keen to help you by encouraging greater volunteering and participation in the wonderful activities run by the city’s community and voluntary groups.

Get Involved Week will run from 28<sup>th</sup> September to 4<sup>th</sup> October 2015. The week will showcase the wide array of opportunities on offer to residents who want to get more involved in their neighbourhood, whether this be about getting their hands dirty in a community garden, becoming a Scout leader, joining a community centre committee or something completely different. **We are inviting community and voluntary groups to take part simply by scheduling their normal activities during this week, and opening them up so that residents can get a taster of volunteering.**

A programme detailing all the activities taking place in the week will be published and Norwich residents will be invited to sign up and take part. Think of it a bit like Heritage Open Days for community activities! Our hope is by focusing on one week, we will generate more interest in volunteering and see more residents getting involved in the activities you run.

If you would like to take part, please complete the attached activity form and return it to Max Griffiths ([maxgriffiths@norwich.gov.uk](mailto:maxgriffiths@norwich.gov.uk)) by **17<sup>th</sup> July 2015**. We need all activities to be submitted by this date so we can put together the programme. If you would like further information, please don’t hesitate to contact Max on the email above or on 01603 213169.

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## Activities: Eaton Park Ground Force Days

Eaton Park's Ground Force is going from strength to strength with regular activities making a big difference to the park. Attached is a poster with details of the upcoming days in 2015. If you think you might like to get involved, just turn up on the day or contact the Friends of Eaton Park (details on the poster). Activities in the poster are a guide, and give you a sense of the seasonal nature of helping out in the park. On the day we may be doing other things as well.



# Ground Force 2015

**Come and join us - all welcome!**

*We meet at 10am at the bandstand to help out in the park for 1 to 2 hours. If you have them, please bring gardening gloves. We'll provide tools (sponsored by East of England Coop) and tea!*

**Tuesday 2 June, Gardening and tidying day**

Planting, weeding and bench cleaning.

**Tuesday 7 July, Meadow day**

Plant and butterfly survey in the meadow. Learn about hand-collecting seeds from wildflowers. With ecologist Aaron Brown.

**Tuesday 4 August, Gardening day**

Deadheading roses in the rose garden.

**Tuesday 8 September, Gardening and tidying day**

Deadheading roses in the rose garden.

**Tuesday 6 October, Meadow day**

Seed scattering and planting in the meadow.

**Tuesday 3 November, Planting day**

Bulb planting for spring.

**For more info:** [info@friendsofeatonpark.co.uk](mailto:info@friendsofeatonpark.co.uk)

[www.friendsofeatonpark.co.uk](http://www.friendsofeatonpark.co.uk) | [facebook.com/eatonparkfriend](https://facebook.com/eatonparkfriend)  
[twitter.com/eatonparkfriend](https://twitter.com/eatonparkfriend)

## **Activities: Summer language classes for children**

Enrol your child to learn and practice French, Spanish or German this summer in the heart of Norwich city centre. Our first-aid qualified and Early Years trained linguists have divided their courses into fun-packed themed days so your child will go home with bags of new knowledge and a deep-rooted love for language learning.

Pick and choose the themes which would most interest your child or benefit from a discount by enrolling them onto the full 5 week course. Further discounts for siblings.

For further information, please contact [info@ninacreus.com](mailto:info@ninacreus.com). More details on the attached poster.



NEW TO  
NORWICH  
THIS SUMMER

# CHILDREN'S LANGUAGE CLUBS



FROM £25  
per session\*

Enrol your child to learn and practice French, Spanish or German this summer in the heart of Norwich city centre. Our first-aid qualified and Early Years trained linguists have divided their courses into fun-packed themed days so your child will go home with bags of new knowledge and a deep-rooted love for language learning.

Pick and choose the themes which would most interest your child or benefit from a discount by enrolling them onto the full 5 week course. Further discounts for siblings.

## FRENCH

THURS

wk 1 People, Family and Friends - 20 July  
wk 2 Numbers and Colours - 6 Aug  
wk 3 Animals - 13 Aug  
wk 4 History and Geography - 20 Aug  
wk 5 Food and Culture - 27 Aug

## SPANISH

WED

wk 1 People, Family and Friends - 29 July  
wk 2 Numbers and Colours - 5 Aug  
wk 3 Animals - 12 Aug  
wk 4 History and Geography - 19 Aug  
wk 5 Food and Culture - 26 Aug

## GERMAN

MON

wk 1 People, Family and Friends - 27 July  
wk 2 Numbers and Colours - 3 Aug  
wk 3 Animals - 10 Aug  
wk 4 History and Geography - 17 Aug  
wk 5 Food and Culture - 24 Aug

AGES  
6-11

For more information call 01603 886105 or email [info@ninacreus.com](mailto:info@ninacreus.com)

\*Sessions run from 11-4: £25 = second sibling, five sessions excluding lunch including snack / £30 = first child, five sessions excluding lunch, including snack / £35 = first child, session only, excluding lunch, including snack.





## Events: Bikers ride out at the Base

It's time to don your leathers, rev your engines and join The base Bikers Ride Out!

We're inviting Bikers from all over to come along and support us on Sunday 6th September. A group of intrepid Suffolk Bikers are setting out from Needham Lakes at 11am and will be burning their way up to The base, arriving at Midday - so why not get together with your friends and ride out to meet them there from wherever you are based. It's a great chance to meet old friends, make new ones and chat about love, life and bikes (or are they all the same thing!?).

Once you get to The base we'll ply you with Teas and Coffees for free...although we wouldn't mind if you wanted to make a donation, and there'll also be a BBQ (though that's not being thrown in for free!). If you could just warn us ((Search Facebook for: The base Bikers Ride Out!) or email [damon@thebasenorwich.org](mailto:damon@thebasenorwich.org)) that would be great as we want to make sure they have enough Burgers!

Further details on the attached poster

LET US KNOW YOUR COMING!  
#THEBASEBIKERS  
@THEBASECT

# BIKERS RIDE OUT

06 | SEPT | 2015

RAISING FUNDS FOR YOUNG PEOPLE IN  
NORWICH

The base

TO SIGN UP & FOR FULL DETAILS SEARCH  
FACEBOOK FOR 'THE BASE BIKERS RIDE OUT'  
OR VISIT OUR WEBSITE [WWW.THEBASENORWICH.ORG](http://WWW.THEBASENORWICH.ORG)

**FREE!**  
ENTRY

**BBQ** | A small donation to our charity  
would be greatly recieved

**FREE REFRESHMENTS**

**RIDE TO THE BASE FOR 12:00PM**

RIDE FROM ANY DESTINATION IN YOUR BIKER GROUPS AND MEET AT  
THE BASE (CECIL RD, NORWICH) AT MIDDAY FOR BBQ AND REFRESHMENTS.

## Workshops: Free sleep counselling

Sleep East is delighted to announce it has received funding from Awards 4 All to run free sleep counselling workshops for families/carers of children with special needs. These will be held throughout the year at the Hamlet Centre Norwich.

More details are on the attached leaflet.



### “ Sleep.....What’s that ?”

**FREE** paired workshops for parents/carers of children with additional needs experiencing sleep difficulties on:

22 September and 13 October 2015  
20 October and 10 November 2015

at the Hamlet Centre, Johnson Place, Norwich.

All workshops from 1.30 – 3.30pm

The **first** session will cover:  
Why is my child not sleeping ?  
Sleep hygiene and bedtime routine  
Keeping a sleep diary

The **second** session will cover:  
Reviewing your sleep diary  
Writing your own sleep programme  
Maintaining good sleep

All attending will receive a comprehensive sleep information pack

Email [joybishop@sleepeast.co.uk](mailto:joybishop@sleepeast.co.uk) to book a place on one of the workshops



“Enriching the lives of children and young adults with disabilities and complex health needs”



**LOTTERY FUNDED**

**Sleepeast.**

Company Number 9389678

joybishop@sleepeast.co.uk  
01692 402240  
www.sleepeast.com

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## **Courses: Get started with music**

Please find attached details of the Prince's Trust new one week Get Started with Music course with CREATE in Norwich from Monday 3<sup>rd</sup> – Friday 7<sup>th</sup> August.

The week will consist of a variety of workshops including lyric writing, performance, Q&A with industry professionals and several practical band sessions and rehearsals for a live performance at the end of the week. Participants will also have the opportunity to achieve the Bronze Arts Award.

A taster day will be held on Thursday 23<sup>rd</sup> July in Trowse.

If you are working with anyone aged 16-25, living in Norfolk and interested in music, please get in touch with Katrina Rand – [Katrina.rand@princes-trust.org.uk](mailto:Katrina.rand@princes-trust.org.uk).





## GET STARTED WITH MUSIC

The Prince's Trust in partnership with Create will be running a one week programme for young people who are passionate and interested in music.

If you are aged 16-25 and currently not in employment or education you can sign up to our FREE programme where you will:

- Work with industry professionals and take part in various workshops.
- Get creative and meet new people.
- Improve your teamwork, communication skills and boost your confidence.
- Receive 3 months support and information about careers and apprenticeships to help you move into future employment or training.
- Get your travel costs and lunch provided every day.

The programme runs from 3<sup>rd</sup> to 7<sup>th</sup> August 2015 and will be based in Trowse, Norwich, Norfolk.

Come along to the Taster Day on Thursday 23<sup>rd</sup> July 2015

To register your interest or for more information text 'MUSIC' to 07946 559 335 or email [Katrina.rand@princes-trust.org.uk](mailto:Katrina.rand@princes-trust.org.uk)



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## **Courses: Digital skills with Future Radio**

Future Projects are running a free digital skills course for young people.

This course is very flexible, free, and aimed at 16-25 year olds. Future Projects can cover some participant costs such as travel, and are able to tailor the project to suit the needs and interests of those taking part. You can find out more about the course here:

<http://futereradio.co.uk/radio-projects/connect-your-future>

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## **Courses: Get into construction**

Please find attached a flyer detailing the Prince's Trust next 'Get Into Construction' opportunity for 16-25 year olds in Norfolk.

It will consist of 2 weeks training and 2 weeks work experience, with a variety of trades. Costs for travel and their CSCS card and related health and safety certificates will be covered.

The training will take place in Norwich with the work experience at a variety of sites across Norfolk depending on the most accessible for the young person.

Interviews are taking place in Norwich on 6<sup>th</sup> July and Diss on 7<sup>th</sup> July.

To refer someone, please email Katrina Rand ([Katrina.rand@princes-trust.org.uk](mailto:Katrina.rand@princes-trust.org.uk)) their name and contact details. Please do not hesitate to contact Katrina for further information.



In partnership with Taylor Wimpey, Persimmon Homes, St Edmunds Society and Carter Academy.



If you are aged 16-25, live in Norfolk, are unemployed and interested in a career in the construction industry, join our free training programme where you will:



- complete Site Safety Plus One Health and Safety Awareness Course and gain a CSCS card
- complete 2 weeks work experience with Taylor Wimpey or Persimmon Homes to gain vital construction experience
- learn about careers and your prospects within the construction industry, including potential job opportunities and apprenticeships
- Improve your teamwork and communication skills and boost your confidence, interview skills and CV
- receive six months' support after the programme to help you find a job



**Interested?**

A Taster Day will be held on Wednesday 15th July 2015. The course takes place from Monday 20th July to Friday 14th August 2015.

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**Contact**

To register your interest **TEXT CONSTRUCTION** to **07946 559 335** or email [Katrina.rand@princes-trust.org.uk](mailto:Katrina.rand@princes-trust.org.uk)

**Courses: Get started with environments**

Please find attached the flyer for the Prince's Trust new gardening programme with Mo & Grow in Bowthorpe.

If you are working with any 16-25 year olds who may be interested, please get in touch!

To refer someone, please email Katrina Rand ([Katrina.rand@princes-trust.org.uk](mailto:Katrina.rand@princes-trust.org.uk)) their name and contact details. Please do not hesitate to contact Katrina for further information.





# Get Started with Environments

**Are you aged 16-25 and not in education, employment or training?**

**Do you like being outdoors, have a creative edge and looking for a challenge?**

Then join us on our Environment programme at The Grow Organisation where you will:

- Design and transform a dull bit of lawn into an amazing storytelling area
- Work with others to research and design the flower beds
- Get creative in the Yurt and experience a great atmosphere
- Attend a grand unveiling and attend a final celebration, complete with BBQ
- Meet new people and improve your communication and teamwork skills

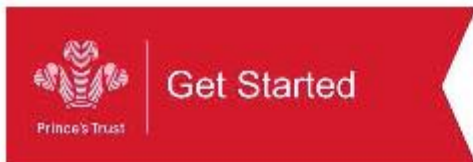
**The course is FREE, your travel expenses are paid and lunch will be provided each day**

You will receive three months support after the programme to help you move into education, training or employment

**Interested?**

**A taster session is being held on Wednesday 8<sup>th</sup> July in Bowthorpe, Norwich  
The programme runs from Monday 13<sup>th</sup> – Friday 17<sup>th</sup> July**

**To register your interest or for more information contact Katrina Rand on  
07946 559 335 / [katrina.rand@princes-trust.org.uk](mailto:katrina.rand@princes-trust.org.uk)**



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## **Funding: for people in severe financial hardship**

Applications are now being accepted for the Money Advice Trust's Innovations Grants Programme. Grants of up to £30,000 are available per year for up to three years to charitable organisations in the UK.

The Trust is looking for project proposals that demonstrate how they will support individuals or microbusinesses who are in severe financial hardship, who are financially excluded and/or who are hard to reach.

They are particularly interested in funding the following themes: Household budgets, particularly how to help people with deficit budgets; cost effective ways to engage with clients to develop their money skills; overcoming barriers to accessing advice using established channels; and supporting self-employed clients who have low incomes.

Register your interest by 5th July. For more information visit <http://www.moneyadvicetrust.org/grants/applyforfunding/Pages/applyforfunding.aspx>.

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## **Funding: for grassroots groups**

Grants of £500 are available to local grassroots groups, such as community allotments, social groups for older people, and groups running activities for young people, from across the UK.

Skipton Building Society's 'Grassroots Giving' programme aims to support local communities by helping grassroots groups and organisations that are passionate about making life better for others to continue to grow.

The funding is for projects that create empowering opportunities and make life better for local communities. Priority will be given to projects which get very little support elsewhere. Groups should have an annual net profit of less than £10,000, and the deadline for applications is the 31st July.



For more information visit <http://www.skiptongrg.co.uk/apply-for-funding/>.

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**Funding: for community owned and managed assets**

Grants and support are available if you want to take on community assets such as your local hall, local pub or shop.

The Community Ownership and Management of Assets (COMA) programme from My Community can provide you with up to 16 days of direct support and up to £10,000 in grants.

The COMA programme will help strengthen partnership working between community organisations and local public sector bodies to increase opportunities for communities to take on the management and/or ownership of multiple assets and ground-breaking single assets that are important to the community, specifically those in public ownership.

Visit <http://mycommunity.org.uk/programme/community-assets/> for more information.

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**Funding: for accessing music and performing arts**

Small grants of up to £500 are available to constituted charitable groups creating and/or furthering opportunities for local people of all ages to get involved with music and the performing arts. Deadline for applications is 5pm on 30th June. For more information please visit <http://www.norfolkfoundation.com/funds/brighter-futures-fund/>.

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**Funding: for youth music projects**

Grants of up to £30,000 are available for high quality music making programmes for children and young people. Funds can also be used in projects that support the development of staff and volunteers, and the organisation itself. Applications are

welcome from charities, not for profit organisations and schools. The closing date for this fund is 23rd July. For more information please visit <http://network.youthmusic.org.uk/Funding/about-youth-musics-grants-programme>.

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**Funding: for community speed watch**

The Norfolk Safety Camera Partnership has announced it has funding to support up to 10 community speed watch groups in Norwich.

Residents can come together as a group of volunteers and conduct speed monitoring in 30mph and 40mph areas. Training, speed monitoring and high vis equipment will be issued, and volunteers will be CRB checked.

For more information, please contact Janet Overton on [overtonjv@norfolk.pnn.police.uk](mailto:overtonjv@norfolk.pnn.police.uk).

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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.

**Max Griffiths**

Community Engagement Officer

South Neighbourhood Team

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email: [maxgriffiths@norwich.gov.uk](mailto:maxgriffiths@norwich.gov.uk)