

NELM NEWS

NORTH EARLHAM

LARKMAN

MARLPIT



Walking tall

with the children from the NELM schools



Welcome

to the newsletter from
NELM Development Trust



N.E.L.M Development Trust Limited

Who's who

NELM

Chief Executive

Nick Craig
251691

Local Resident Trustees

Freda Sheehy
Brian Elliff
Sarah Fyfe
Dennis Daniell
Kevan James
Harriet Panting – Vice Chair
Rita Shanley

Trustees from Agencies

Bridget Buttinger
Eve Collishaw
Rob Hetherington – Chair

NELM News

Articles/Ads/Information

251690
Zoe Sissen

General Information

251690
Reception

Neighbourhood Management

734148
Louise Curtis, *Assistant
Neighbourhood Manager*

Marlpit

Communications Centre

734130
Centre Administrator

Hat Trick Project

734145
Stuart Rushbrook, *Community
Links Football Worker*

Estates Management Team

251693
June Childerhouse, *Team Leader*

Childcare – Out of School Clubs and Pain or Shine Agency

746903
Emma Broom, *Childcare
development manager*
Angie Myles *Team
Administrator*

Head Office

251695
Gwen May, *Support Functions
Manager*
Jane Baker, *Personnel
Administrator*
251692
Julia Corbett, *Head of Finance*
251693
Daniel Childerhouse, *Trainee
Facilities Manager*
251694
Lucie Fox, *Contract Monitoring
Manager*
251696
David Jackson, *Facilities
Manager*
251690
Gemma Sherwood, *Project
Support Officer*
Kelly Ward, *Finance Assistant*
Gillian Stanford, *Senior
Administrative Officer/Board
Secretary*
Zoe Sissen, *Administrator*

Would you like to become a NELM trustee? If you have some time to spend and you are interested in helping develop the charity, please give Zoe Sissen a call on 01603 251690.



The Spring CLEAN UP issue



www.nelm.co.uk

Community Park



If you go down to the park today you will be in for a surprise!

Last year NELM consulted widely with the local community about improvements to the Bowthorpe School Site Community Park. Many of the comments and suggestions have been incorporated into the new facilities now built on site including:

- Adventure play equipment for older children that increases the scope for climbing, swings and more creative play
- Outdoor gym and trim trail equipment for all ages, including adults to help you with fitness
- More seats and litter bins (including for dog mess)
- Resurfaced footpaths and new lighting to make the site safer at night
- A new car park for users of the Community Park and visitors to the Henderson Business Centre
- Levelling work to the junior football pitch and new goal posts
- Tree and shrub planting next to the Headmaster's garden, along Ivy Road, at the Irstead Road gate and near the running track

Friends of the Park

The community park is owned and managed on behalf of the local community. NELM is setting up a Friends of the Park group of local volunteers to help run the park. We would like to hear from people of all age groups who have some time to spare to help with play or sports activities, plan future development, litter picks, encouraging the natural wildlife and reporting on any problems. Contact Daniel Childerhouse on 01603 251693 for details.

Name for the Park

Can you think of a new name for the community park? It is now over 20 years since the former Bowthorpe School closed down. NELM would like to rename the site with a more appropriate title that reflects the pride and achievement of the local community. Please contact the NELM Chief Executive, Nick Craig, on 01603 251691 at Henderson Business Centre or email nick.craig@nelm.co.uk.



NEWS

From NELM Development Trust

2008 has certainly been a year of change for **NELM Development Trust**. During the first few months of this year we've moved office, appointed three new trustees to the Board and a new Chief Executive, **Nick Craig**, has joined us.

Office move

NELM has moved the Management and Administration staff and Estates Management Team to the Henderson Business Centre. The new contact telephone numbers are listed on page 2 of this newsletter, email addresses remain unchanged.

The Gurney Centre is still available for room and office hire, please contact Gillian on 01603 251690 for details.

New Trustees for the Board

Each year NELM asks residents to nominate themselves as potential trustees for the NELM Development Trust Board. This year was no exception and we welcome the following new faces to our Board:

Sarah Fyfe
Dennis Daniell
Harriet Panting

Freda Sheehy has decided to stand down as Chair and Rob Hetherington has been selected to take over from Freda. Freda has been involved with the Trust since the very beginning and during that time she has steered the Board through some difficult decisions and been a pillar of support to trustees and staff alike. Although we are sorry that Freda has decided to stand down as chair, we are pleased that she will continue as a NELM trustee.

In the May local elections Brenda Arthur was elected as ward Councillor for the University ward and due to the demands of her new role has regretfully resigned as a NELM trustee. We wish Brenda well for the future and thank her for the input that she has made to NELM during the last 3 years. Brenda was Vice chair of the NELM board and Harriet Panting has been selected to take over this position.

Chief Executive

Nick Craig joined NELM in January as the new Chief Executive. Previously Nick was a trustee of NELM so he has a very good understanding of the area and the issues facing the Trust as we move towards the end of the NDC funded programme.



NELM's work started back in 2000. Since that time we have worked hard to address the issues faced by the community and to meet their needs either directly or through partnerships with public bodies such as the City Council or local schools. Much of this work has led to improvements being made in the way services are delivered to people and to improvements in the way things look and happen.

difficult to achieve. NELM is committed to work with those organisations which have a responsibility to encourage people to work or to enter training or learning which can help people back into work even if it is only a first step on a long journey. Also, NELM wants to work with those bodies in the voluntary and community sector. It is very often organisations such as these which are best able to provide support and encouragement locally to the people who need it most.

Road. With this in mind we will be undertaking further work to improve the landscaping and to create areas with trees, shrubs and other plants.

The industrial development of Ivy Road is contributing to local employment, and providing an income which will help to maintain the Community Park. The Park itself continues to take shape as more play equipment is installed and improvements are made to the landscape. Indeed this is now a community facility that is well used by local people; young, old and families alike.

As well as talking to the voluntary sector NELM is investigating activities which will add value to the services being offered by JobCentre Plus and the Connexions Service. This means that adults and young people living in the area will benefit.

Additionally we will be looking at making further improvements to the park's infrastructure. Some of this work has already started and new play equipment has been installed. We will also be putting up new goal posts and ensuring the pitches are in good condition.

Despite these efforts and the very welcome input of the community, much remains to be done. However we are now in the ninth year of the programme so time is very much against us and we will need to work even harder over the coming months to ensure we continue to make a lasting and purposeful change.

We will also be building more managed workspace. Subject to approval we will be using a grant of £500,000 from the East of England Development Agency to build more multi-purpose light industrial units. We want these units to be ready for occupation in the late Spring of 2009 and we anticipate they will contribute to local employment and economic activity.

Our aim is to build a pavilion on the park. This will provide good quality toilet and changing facilities for all park users and will also feature a village hall type area with kitchen and meeting facilities. This pavilion may not be the same as some of the previous ideas for a sports-related building but we believe it offers the most sensible option and one which will be used very regularly by the entire community.

With this very much in mind and following a comprehensive review of all of our work we have identified a smaller number of priority areas which we believe we will be able to make a significant contribution to. Each area is important in its own right but all are linked so a 'joined-up' approach to their management is very possible. The priority areas are:

We are also hoping that work will be starting soon on a care home on Ivy Road. Though not being built or managed by NELM we have a keen interest in this development and hope that it too will be a source of local employment.

The increased investment in the park will mean a higher level of usage and this may also see an increase in unwelcome activities such as vandalism and anti-social behaviour. It is very important that we all work together to minimise such activity so that we all get the most out of the park not just now but well into the future. Dog owners and walkers are very welcome in the park but they too need to recognise their responsibilities towards other park users.

NELM

NELM too is changing. We have looked very closely at how we work and how we can deliver the changes outlined above. We believe that it will be more effective to work with partners rather than to always try to deliver things ourselves. We are happy to accept that sometimes they are simply better at it than we are and if we create the right partnerships there is a chance that service delivery will continue to improve well beyond NELM's funding.

This means that NELM is getting smaller and over the coming months the core team is likely to reduce in size. As this is happening we are all very aware of the huge debt of gratitude we owe to all of those people who have worked with and for NELM over the past eight years. The impact they have made personally and through their work is very impressive.

The coming twenty months or so will be a further challenge to those who are working for NELM, those working with partner organisations, and for the community. It is only by working together that we will be able to finish the work we set out to do in 2000 and make the NELM area an even better one in which to live, work and play.

- Learning and Education
- Work and Worklessness
- Community Engagement
- Development of the Community Park

What will this mean for NELM residents? Looking at each issue in turn we hope to be able to do the following.

Learning and Education

NELM is prepared to make a significant contribution to the development of learning in the area. We are already working closely with schools and City College Norwich but we recognise that standards have fallen below those which are expected. To this end we are discussing with the County Council and with Earlham High School how we can help make things better.

At the same time we will work with partners to develop and run a programme of learning and learning-related activities across the area. Learning not just for young people but for everybody.

Work and Worklessness

NELM wants as many people to work who are able but recognises that often things make this

Community Engagement

The main focus of NELM's community engagement will be the priorities described here but we will also be looking to identify wider benefits for the community. This means that we want the community to:

- Do more learning
- Be in employment
- Use the community park more for sport and general recreation

Over the coming weeks much will be done to create partnerships with those organisations who work within and for the community to develop a programme of activities which will be interesting and productive. We are working closely with Norwich City Council to see whether such activities are best delivered through our local community centres or elsewhere. It is possibly true that the community centres could do with a little 'TLC' and where this is the case we will help to smarten them up.

Community Park Development

We are very lucky to have twenty or so acres of green space in our midst and it is vitally important that we use this space wisely. We want the green space to provide a balance to the commercial area being developed along Ivy

Summer Fete

This year's community fete will take place on Saturday 2nd August at the Bowthorpe School Site Community Park, 10.30am – 2.30pm.

The event is in partnership with the Norfolk Fire Service who will be holding an open day to the public at the Ivy Road fire station alongside the park.

This year we will be raising funds to support 'Nelson's Journey' charity which assists bereaved children in Norfolk up to the age of 17.

A Car Boot sale is running from 9.30am until 2pm on the car park at the rear of the Henderson Business Centre, Ivy Road.

There will be many fun activities, sports, music, entertainment, food and information stalls.

For further information about events taking place on the day please see posters displayed locally or tune in to Future Radio.



If you are interested in promoting your organisation at the fete or booking a pitch at the car boot sale (cost £5 for car booters, £3.50 if charity fund raisers) Please contact the MCC Administrator on 01603 734130



2nd
AUGUST
10.30 am
- 2.30 pm



We are also looking for volunteer entertainers on the same date, dancers, singers, drama and Gymnasts and any type of entertainers that are suitable for a community Fete.

Summer SPORT

The successful Startrack Athletics event is running again this summer on the 27th and 28th August at Norwich Sportspark, 10am to 3pm.

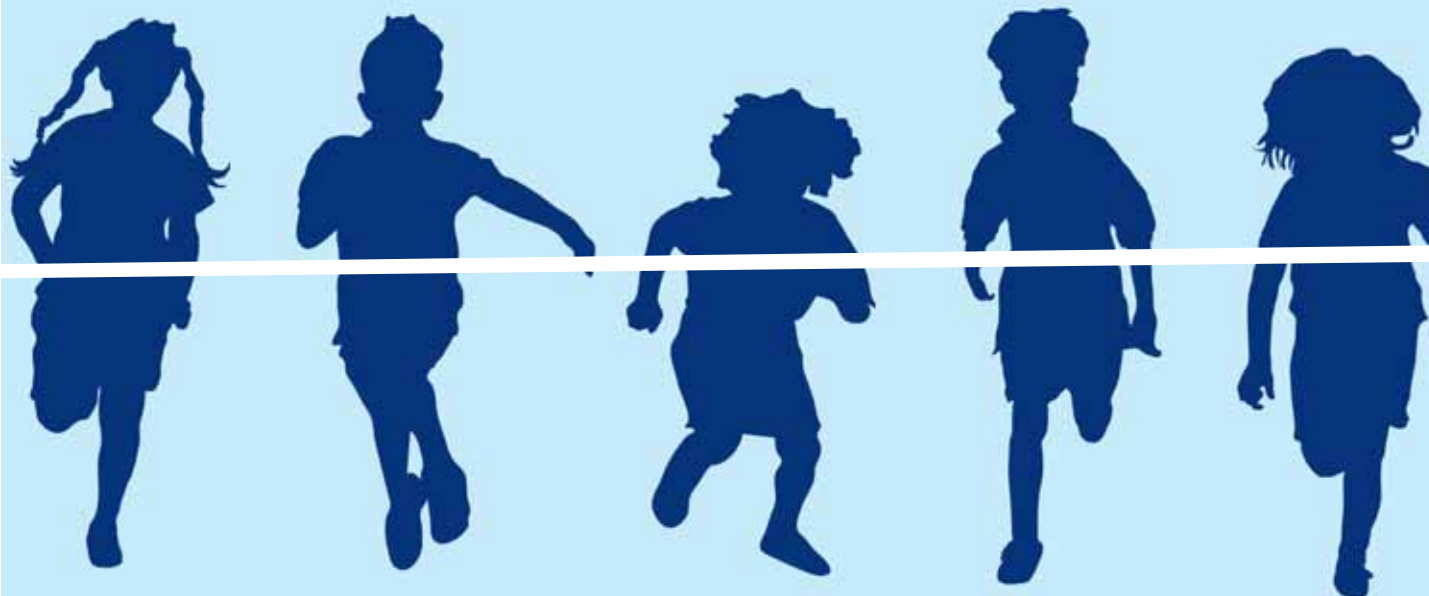
Startrack is based on running, jumping and throwing in a friendly and warm environment, and is open to girls and boys of all abilities aged between 8 and 15 years of age. It's your chance to experience all team-based activities, and other sporting opportunities may also be offered.

All equipment is provided, though participants should bring packed lunches, soft drinks and sun screen. Everyone will receive a free t-shirt and goodie bag as well.

The course runs from 10am-3pm, but the cost of the courses varies according to the venue and duration of the course.

All coaches are qualified through UK Athletics, checked through the Criminal Records Bureau and have attended an induction session before delivering their activities.

To book a place online go to www.activenorfolk.org/courses or call Sue Alden on 01603 697019.



Love to dance, sing or act? Or perhaps you'd like to learn how to do stage make-up or make costumes? Interested in photography or making short films?

If the answer to any of these is 'yes,' and you are between 10 and 19 then you should come along to **The Garage** this summer!

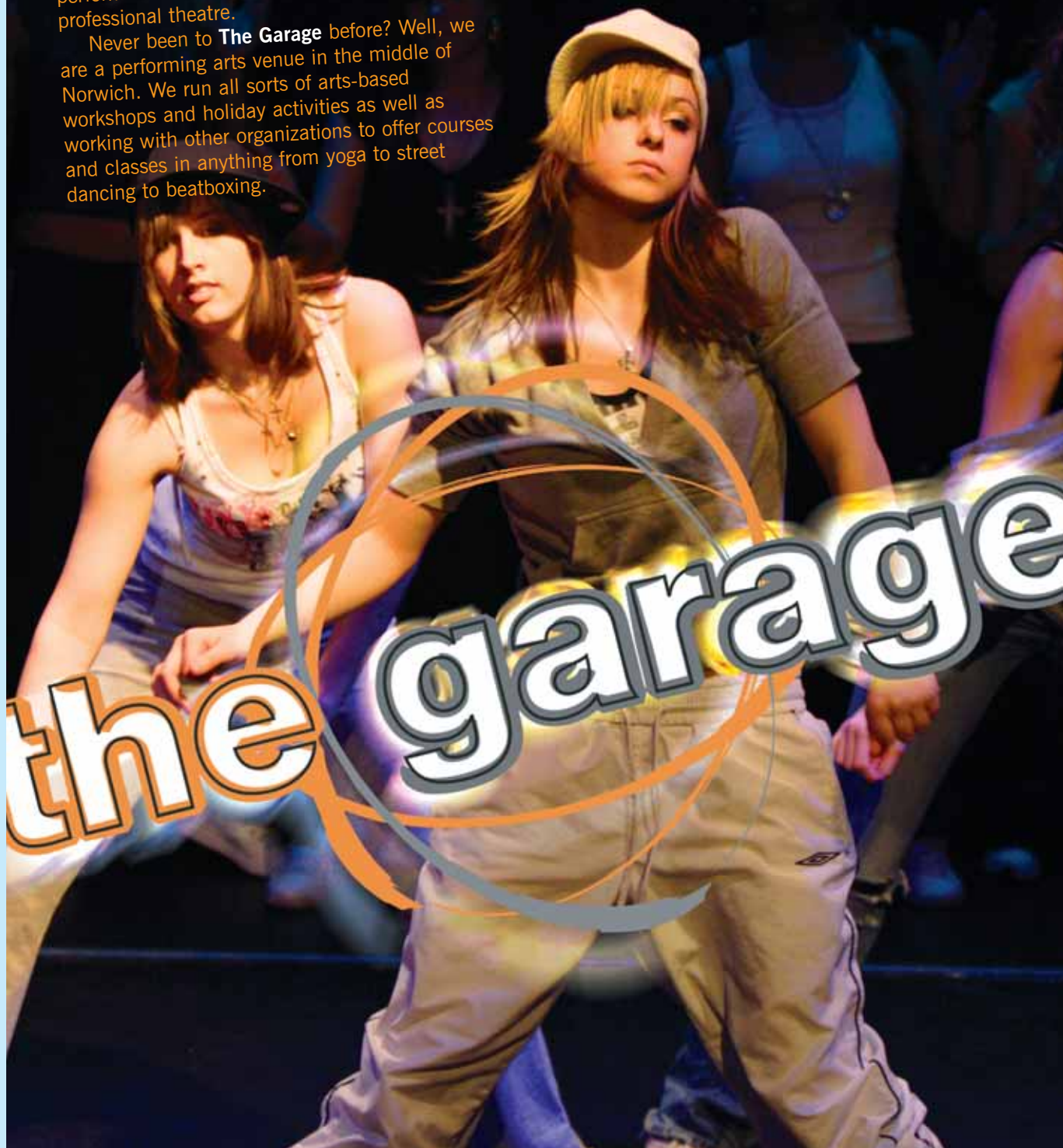
We are running a wide range of workshops from the 27th July to the 29th August so if you fancy trying any of these activities for the first time, just for fun or to develop existing skills in performance or technical theatre then get involved! You also get to show off your skills in a performance at the end of August in our professional theatre.

Never been to **The Garage** before? Well, we are a performing arts venue in the middle of Norwich. We run all sorts of arts-based workshops and holiday activities as well as working with other organizations to offer courses and classes in anything from yoga to street dancing to beatboxing.

We also offer the opportunity to get involved with the Arts Award this summer. If you really enjoy participating in the arts then we'll help you through the award – it looks great on your CV. It's a nationally recognized qualification at three levels – Bronze, Silver and Gold and is available to anyone between the ages of 11 and 25.

All activities are open to NELM residents and are free, with transport provided to and from Aldi, Larkman Lane.

Our summer workshops are open to everyone, so get in touch with us to book or for more info: ring us on 01603 283382 or find us at www.thegarage.org.uk.



Neighbourhood news

The NELM Neighbourhood Management Team works with HELM Residents Association and partners including Police, Fire Service and Council Officers to make the HELM area Cleaner, Greener and Safer.



NELM Development Trust Limited

Dog Owners - Are you breaking the law?

The Control of Dogs Order 1992 states that all dogs must have a tag with their owners name and address inscribed on it. The council is starting to enforce this law so if you have a dog make sure it wears a tag and avoid being taken to court and fined. Moira was in North Earham supporting the anti-litter campaign in May, chatting to residents about tags.

Alley Gates

Alley Gates have proved a successful crime prevention measure in the Gold and Silver Triangle areas of Norwich, significantly reducing burglaries and anti social behaviour.

The HELM Alley Gates Pilot Project has installed 6 alley gates at sites around the area and HELM Residents Association now has £10,000 of funding from NELM to install more gates for residents of HELM (lower Hellesdon, Earham, Larkman and Marlpit). If your home has a shared back alley you may be eligible for an Alley Gate. Please contact Louise of the NELM Neighbourhood Management Team for more information on 01603 734148.

Valley Primary Garden

Residents of Gentry Place and Valley Primary pupils were pleased to see the flower beds planted last Autumn coming into bloom this Spring.





Many residents see litter as a problem in the area so May saw the launch of the Neighbourhood Management anti litter campaign in North Earlham and Larkman.

Articles in the Press, Tenant talk and Posters designed by local school children urged residents to be aware and Stop it – Don't Drop it! Future Radio supported the campaign with interviews and an Information jingle through the month. Council officers from Housing, Citizens Services, the Wardens and Police came out on Engagement Days and talked to residents about the area and litter.

The Graff Off Team put aside time to work with the NM team cleaning off graffiti and repainting the green junction boxes to cover graffiti. Moira the City Council Dog warden was out and about with Lou and Val talking to residents.

Children from local schools entered a competition to design the campaign posters. The Theatre Royal kindly donated tickets to Treasure Island for the children who created the winning poster designs, they all brought along their sisters for an evening of entertainment and ice creams with Val and Lou.

ANTI LITTER CAMPAIGN



Many thanks for the litter picks, that were carried out by the YOT, XLER8, Right Direction, Family Matters group and Junior Rangers who were helped by residents, a Warden who turned out on his day off (Diddy) and Jon and Andy of our local Police Team.



Digital Bridge

We still have a few spaces available on the Digital Bridge Project. Free to NELM residents it provides a set top box which provides Free View TV and allows a TV to be used as a PC to view the internet and send emails. If you live in the NELM area, and have a telephone landline and no Broadband you could be eligible. Digital Bridge can be viewed at the Marpit Communications Centre. Please call Louise on 01603 734148 for more details.



Woods Clean Ups

We are getting together a group of residents who would like to be involved improving local green spaces, this will probably include some litter picks and we will be meeting with the city council natural spaces officer to look at ways to improve our local woods.

It can be really rewarding getting stuck in, working outside and seeing the improvement a few people can make in a couple of hours work so why not call Louise on 01603 734148 to learn more and get involved.



Walk this way



Children from all our local schools have been participating in the Walk This Way! Project. This is a local initiative supported by HELM/NELM funding to provide incentives to walk and cycle to school.

The children are entered into various prize draws when they have walked or cycled to school.

Bonfires

Some residents have complained about bonfires in the area being a nuisance to them so we thought we would give you the Norwich City Council guide lines for information

Domestic Bonfires/Smoke

There are no specific controls, such as permitted times, over the lighting of bonfires to burn garden waste. If only dry garden waste is burnt the occasional bonfire should not cause a problem. If the bonfire is more regular, a lot of smoke and ash is being produced or the material being burnt is potentially hazardous to health, it may become a "statutory nuisance" and action could be taken under the Environmental Protection Act 1990. (This could result in a fine, not exceeding £5,000 for domestic nuisance or £20,000 for commercial nuisance).

Bonfire guidelines

If a bonfire is the best practicable option for disposing of garden waste, follow these guidelines to avoid serious nuisance or injury:

- **Keep the number of bonfires to an absolute minimum**
- **Only burn dry material**
- **Never burn household rubbish, rubber tyres, or anything containing plastic, foam or paint - Never use old engine oil, methylated spirit or petrol to light or encourage the fire**
- **Avoid lighting a fire in unsuitable weather conditions. Smoke hangs in the air on damp, still days and in the evening – ensure the bonfire is extinguished 2 hours before sunset**
- **If it is windy, smoke may be blown into neighbours gardens and across roads**
- **Keep the bonfire under adult supervision at all times and ensure it is extinguished completely, by dousing with soil or water, before you leave it**
- **Keep a hose pipe or buckets of water close at hand in case the fire gets out of hand**
- **Take account of your neighbour's activities e.g. washing on line, open windows, sitting in garden, decorating etc.**
- **Be prepared to consult with your neighbour before lighting a bonfire to seek their agreement**

STREET LEADERS MEETINGS

Since May 2007 over 420 issues have been reported to us, many thanks for keeping us updated, keep them coming.

We hold informal meetings to get together with Street Leaders to chat over a cuppa and cakes. If you are interested in being a street leader and reporting issues to the NM team please feel free to drop in.



SNAP MEETINGS

Safer Neighbourhood Action Panels meet in areas all around Norfolk to give residents the chance to influence the Safer Neighbourhood Team Priorities by raising local issues that affect their quality of life. All residents are welcome to go along to their local SNAP meetings. The next HELM area SNAP meeting will take place at

**Earlham Fire Station, Ivy Road on
Wednesday 8th October 7.00pm**

For more information on HELM Residents Association or the SNAP please call Tony Godin on 01603 488390



Real People Fitness

- New Venue - New Class!

ON TUESDAY 1ST OF APRIL REAL PEOPLE FITNESS MOVED TO A NEW HOME, YOU WILL NOW FIND US AT MARLPIT COMMUNITY CENTRE ON HELLEDON ROAD.

CLASSES ARE

Tuesday
6.30 to 7.30pm

Power Body Conditioning

Legs, Bums and Tums class with hand weights for upper body work. Simple effective class to shape, tone and burn fat!

Tuesday
7.30 to 8.30pm

Tone and Chill

The alternative work out, uses moves from Tai Chi, Pilates and Yoga to tone, strengthen and shape the body and calm the mind.

Classes are £3.00 per session or stay for both for £4.50

Don't forget your water and trainers (for body conditioning)

Any Questions?

Call Lou, your fully qualified local instructor on 01603 745677 or 07931 300 712



After schools club

For children aged 4 - 12 years

- Escorted pick up for children at the end of the school day from Henderson Green, West Earham Infant and Junior
- Choose from either Millview or Larkman After School Club
- Alternatively if your child attends Valley or Larkman Primary. Please pop into the Out of School Club room

- Club finishes at 6pm each evening
- Cost of session includes a hot meal and snacks
- Ofsted registered and fully qualified staff
- Offering a wide range of activities from arts and crafts to construction and outdoor play

£5.25
Per session

Pick up registration forms from the School Reception Or call 01603 746903 for more information

New Chef New Ideas Great Food!



MARLIES MEET EAT CAFÉ

Daily Specials Menu

Freshly prepared
filled rolls

Sandwiches and
Jacket Potatoes

Homemade cakes

Available every Day

Can Cater for
Business Meetings

Buffets and Lunches
Open daily 8.30 –
2.00pm

Marlpit
Communications
Centre
Knowland Grove

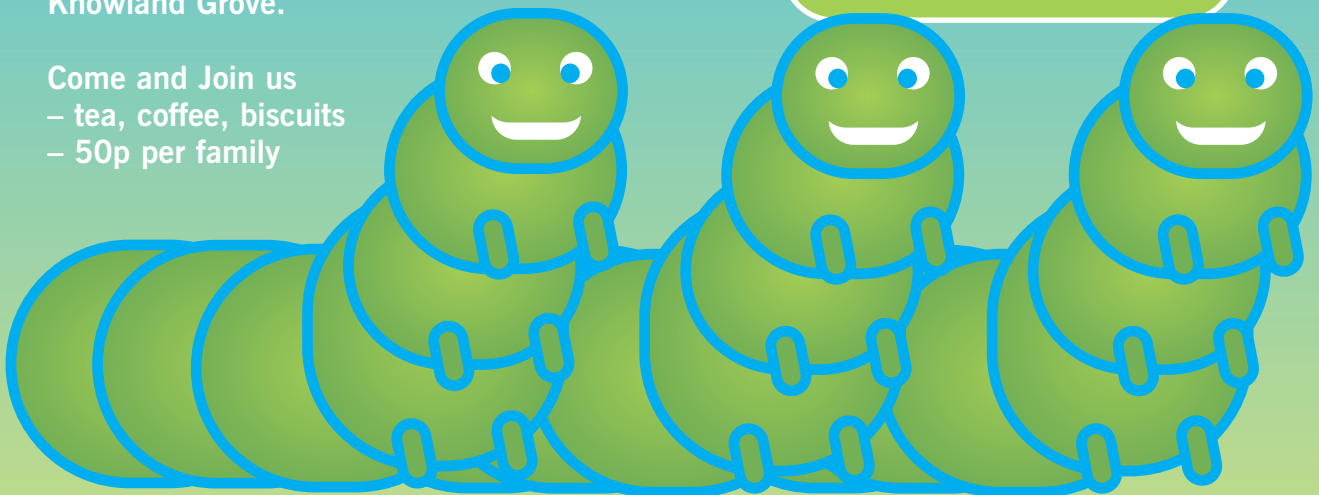
Tel: 01603 734132

Caterpillars

Caterpillars (Toddlers and Carers)
Group will be meeting on Tuesday
mornings 10.00 – 11.30am at the
Marlpit Communications Centre,
Knowland Grove.

Come and Join us
– tea, coffee, biscuits
– 50p per family

For more information
ring Margaret
01603 621217



Important NEWS

from FOUNDATION EAST



**Foundation
East**

Foundation East is introducing special terms on loans for Norwich residents or Norwich-based businesses.

- Typical APR 9.99% – repayments fixed at the outset and no nasty surprises
- Loans up to £10K – more by agreement to fit the business's needs

- No arrangement fee – a saving of at least £100
- No credit scoring
- Help with application forms
- Guaranteed business support
- Dedicated Loans Manager for the duration of your loan

Foundation East lends money to people that already work for themselves or want to work for themselves but, for whatever reason, can't borrow from a bank. They may be unemployed, have a poor credit history or not have any business track record; none of these will necessarily prevent them from securing support for their new business.

Paul is a typical Foundation East client.

Paul had been out of prison some time but was still only able to find seasonal work and he

decided the time had come to set up his own painting and decorating business. With the help of a business adviser Paul developed his idea into a viable plan. However, he then found that as he was unemployed the banks would not lend to him, so his idea was on the rocks before even getting started.

Paul found his way to Foundation East and was able to borrow money to buy a second hand van, equipment and to get him by until money started coming in.

Two years later Paul's business is a success and he has recently finished repaying his loan with Foundation East.

Clients can talk to us in confidence about their ideas by calling Valerie on 07903 232 477 or 01284 757777 or contacting us at www.foundationeast.org

Marlpit Craft Club

We have had a good year so far, we have been busy knitting hats for charity which we are about to post off for the sailors at sea and we also knitted hats for the baby unit which we will be sending shortly. We have discovered a new knitting format for fluffy boas by using a 'Loopa', once a member had figured out the instructions, she was showing all of us in no time. If you want to find out what this is come along and have a go! Our main aim is to have fun.

We have increased our membership and some of them have also set up a sister group 'Scrapsidaisy' for scrap booking at another venue, the Fourways Community Centre at Stevenson Road which meets on the first Saturday of the month, you need to book this one as lunch is provided, £5 each. Contact Francesca 01603 498265 or Zana on email: mailto:zanabaxter@yahoo.co.uk Next date 2nd August)

Our group continues to meet on Mondays at Marlpit Communications Centre, 65/67 Knowland Grove at 6.30pm till 9.30pm throughout the year and anyone is welcome. You can contact me for information on 01603 251690 Gillian Stanford, Chair.



CONTACT GILLIAN STANFORD – THE CHAIR ON 01603 251690

Wednesday After School Sessions

We started the after school club to provide opportunities for local children to play football, both to learn new skills and have some fun. I have to say we are really pleased with how these sessions are going and the number of children that are participating on a weekly basis.

We now hope to develop these activities even further with an aim to create at least one or more youth teams. Initially we want to start a Saturday morning club with the help of parents/volunteers. The involvement of local people is a vital element to this proposed programme in order to gain input from the local community and support the sustainability of the proposed youth football teams/club.

If you feel that you would like to help in some capacity whether it is with coaching or just volunteering your time to help with sessions, administration etc then please don't hesitate to get in touch with me.

There will be opportunities for those who wish to help, to be supported through FA Courses in coaching, refereeing, first aid and child protection.

Once the Saturday morning club is well established we are sure that there will be people who will be willing to be involved in the running of a proposed youth football team/club and achieve the aim of creating our first youth football club for the local children. We will continue to offer support to the proposed new club in order to enter an appropriate league and develop a club in order for it to achieve the FA Charter Standard Club award.

So if you feel you would like to be involved in anyway or include your children in the sessions please speak to me at the sessions on a Wednesday or contact me by phone or email

stuart.rushbrook@marlpitcc.co.uk

01603 734145 so we can talk further.

Remember, it is you and your children that will benefit from this.



Summer Soccer School

Its coming up to that time again, the end of the school year and the start of the NELM summer soccer schools.

This year we are going to run the summer soccer schools over a three week period starting on Monday 28th July. The first and third week will cater for 7 years +. The second week will be especially for the younger children in reception to year 2 as it was such a success last year.

As always there will be trophies to win and a trip to power league for our own Euro 2008 competition.

So look out for the flyers in the schools or pop in to the Marlpit Communications Centre to get one.

Stuart Rushbrook Hat-Trick Officer

Contact Tel: 01603 734145

Email:

stuart.rushbrook@marlpitcc.co.uk



Nightingales Day Nursery



Water/Sand play

Painting

Music

Nightingales provides good quality childcare to all children from 0-5 years. We have a relaxed homely environment. Our routine contains activities that will encourage children to learn as they play. Our facilities include ample off road parking, sleep room, outdoor play area, dining room and playhouse.

We are situated within walking distance of the UEA and a ten minute bus drive from the city centre. Bus route 21 is outside the premises.

The recent OFSTED report said...

- We provide good quality care
- Children's individual needs are met
- Well documented clear policies and procedures ensuring children's welfare

Full brochure available on request.

- We aim to help children achieve the six early learning goals:
1. Personal, social and emotional development
 2. Communication, language and literacy
 3. Mathematical development
 4. Knowledge and understanding of the world
 5. Physical development
 6. Creative development

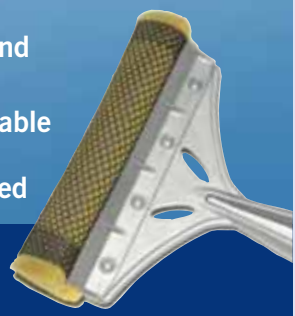
382 Bowthorpe Road. Norwich NR5 8AG
(01603) 453104 nightingales@mtxnet.co.uk



Window Cleaner

NORMAN STRAIGHT

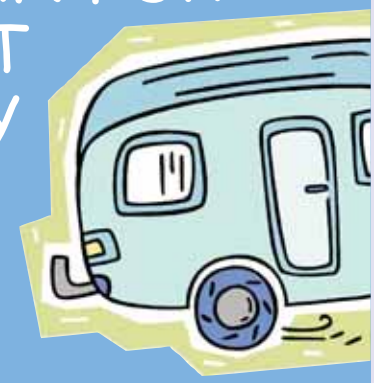
- ★ Offers a residential and commercial service.
- ★ Dependable and Reliable
- ★ Public Liability Insured



TELEPHONE:
0751 3182639

CARAVAN FOR HIRE AT HEMSBY

Sleeps up to 8 people
Prices from £100 - £200 for a 4 Day break Monday - Friday



PLEASE CONTACT LYN ON MOBILE NUMBER
07917622176

Here to help YOU!



Citizens Advice Bureau advice sessions and volunteering opportunities

Since April 2007 Norwich and District Citizen's Advice Bureau has been running advice sessions at the Marlpit Communications centre, Knowland Grove, on Monday mornings for people living in the NELM catchment area. As the bureau is committed to ensuring that our service is as accessible as possible to all, we see this project as an important element of our outreach work of taking our advice out into the community. Awareness of this project has been increasing steadily. We have also started to take part in regular monthly discussion shows on Future Radio which has enabled us to reach many more people in the area to highlight relevant issues, give general advice tips and generate discussion.

Our NELM adviser is able to help with a wide range of issues including debt, benefit entitlement, housing, employment, health, family and relationship issues, consumer etc. Susan mostly sees people by appointment although she can sometimes see others who drop-in during her advice session. She has access to our comprehensive CAB

information system, benefit packages and local information database on her laptop. She works as part of a team out of our main city office.

We do not routinely act for everybody as some clients simply need information, leaflets or contact addresses so that they can progress the matter themselves, whilst others may need more help, support or advocacy.

Our adviser can tailor her advice to the needs of the person that she is working with. Her CAB training allows her to advise clients in a holistic way which means that she can look beyond the initial problem that has been presented and deal with all the other relevant issues. We are trained to identify all the possible options and implications for the client to consider and to help them make their own choice regarding the best way forward for them to proceed.

Our NELM adviser also watches out for any cases that illustrate that a policy or procedure is causing a negative effect on a client or group of clients. The Bureau's twin aim is to gather these examples as part of our

social policy work so that they can be used to lobby Government for change both locally and nationally.

Our NELM project is also aimed at encouraging people living in the area to get involved in volunteering for us. We have a range of different roles available from basic admin and reception through to advising and support work for specialist teams. People volunteer for a variety of reasons to improve skills, build confidence and gain experience (and a reference) for applying for work. It is also a great way to meet people, make friends and work as part of a team in a friendly and supportive environment.

If you would like to see our NELM adviser please telephone our administration line to make an appointment on 01603 660857.

If you are interested in becoming a volunteer at the Bureau or finding out more about the possibility please contact Nick Woollam on 01603 679642 or look at our volunteering page on our website at www.ncab.org.uk.

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Article for Parish Council Newsletters

Your Health, Your Hospitals, Your Say

People living in Norfolk and Waveney can have a bigger say in the future of the region's busiest NHS Trust by joining as a member.



Membership of the Norfolk and Norwich University Hospital NHS Trust is free and open to anyone aged over 12 years old. Being a member will enable you to:

- Get involved with areas that interest you
- Receive regular updates about the Trust
- Receive invites to events for members about health topics
- Vote in elections for Governors and stand for election as a Governor (for members over 16)

To join, either go online at www.nnuh.nhs.uk (see picture below) or ring 08707071628 for a membership form.

For further information about Foundation trusts visit www.nnuh.nhs.uk/Page/FT

The screenshot shows the website for the Norfolk and Norwich University Hospitals NHS Foundation Trust. The browser address bar displays <http://www.nnuh.nhs.uk/>. The page has a blue header with the text "Welcome" and "Norfolk and Norwich University Hospitals NHS Foundation Trust". A navigation menu includes links for Hospital Info, Patient Info, Finding Us, News, Careers, Education, and About Us. A search bar is located in the top right corner.

The main content area is divided into several sections:

- IMPORTANT INFORMATION:** A section titled "Patient Choice Award" stating that people are being asked to recognise star health professionals within the Norfolk and Norwich and Cromer Hospitals by nominating them for an award. This award is being sponsored by the Eastern Daily Press. A link is provided to click here for an online entry form.
- 10 June 2008 Introduction:** A section with a "we need you!" speech bubble and a group photo of staff. A link is provided to "Click here to become a public member". Below the photo, it says "We are proud of our top-rated hospitals but they can be even better with your help. We are an NHS Foundation Trust and you can play an important part by becoming a member (12+)." There is also a "Join" button.
- Latest News:** A section with three news items:
 - 06 June 2008 Surgical rates for rectal cancer at NNUH revealed:** Surgeons have revealed that cancer patients treated at the Norfolk and Norwich University Hospital are a lot less likely to have an operation that can leave them with a permanent colostomy than the national average.
 - 04 June 2008 Meet the machine that kicks your heart into life:** Norfolk heart patient Charlotte Dix is backing an awareness-raising week that highlights a range of conditions where the treatment can be an MP3 player-sized machine installed under the skin that can kick start a heart back into life. An image of surgical instruments is shown.
 - 02 June 2008 New NNUH Governors to meet in public from July:** The newly established Council of Governors at the Norfolk and Norwich University Hospitals NHS Foundation Trust will meet in public from July. A "More News..." link is provided.
- Today's Poll - Men's Health:** A poll question: "What is the most common type of cancer to affect young men?" with radio button options: Prostate cancer, Skin cancer, Testicular cancer, Bowel cancer, Lung cancer.

The left sidebar contains a "Help" section with a "TEXT ONLY" icon, a "HELP" button, and "PALS" (Patient Advice & Liaison Service) contact information: 01603 289036. Below this is a "General Information" section with links for Search, Site Index, Contact Details, and Legal Info. A "Top Leaflets" section lists various leaflets such as "Dietitian dietary advice", "Advice on eating well, low fibre diet", "MRSA Information leaflet", "Push Translation", "Pain-umbilical hernia repair", "Edgworth's Herms", and "More...". At the bottom, there are "Most Popular Links" and "NHS Choices" logo.

CHURCH INFORMATION

ST MICHAEL'S IN THE MARLPIT

(Hellesdon Rd, opposite the Marlpit pub)

SERVICES:

Sundays, 10am
Family Service/Holy Communion
(alternate weeks)

FUNHOUSE:

Mums and Toddlers group, Thursdays, 10am-12noon

MARLPIT MARDLE CLUB:

for over-55s, Wednesdays, 10.30am-12.15pm, followed by short Holy Communion

For further information, call Revd. Enid Jones-Blackett on 414895

BOWTHORPE ROAD METHODIST CHURCH

SERVICES:

Sundays, 11am (including Junior Church) and 6.30pm

TUESDAY

FELLOWSHIP:

2.30pm (for people of all ages)

CAMEO:

First and third Thursdays of the month, 7.30pm - a general interest evening for ladies (Telephone: 611904 for details)

RAINBOWS, BROWNIES AND GUIDES:

Call 662727 for details

BAPTISMS AND MARRIAGES:

by arrangement with the Minister

For further information, call Revd. Michael Corney on 452086

EARLHAM CHRISTIAN CENTRE

(Corner of Earlham Green Lane and Malbrook Road)

SERVICES:

Sundays, 10.30am
Worship for all ages (with Sunday Club for children) and 6.30pm Praise and Fellowship

LIFE EDGE:

a group for all teenagers, meets every Friday, 7-9pm.

For further information contact the Minister, Paddy Venner on 457774

USEFUL NUMBERS

SUPPORT AND COMMUNITY RESOURCES

ADHD Support Group 503970

Cadge Road Community Centre 505646

Citizens Advice Bureau 765783

Earlham Christian Centre 457774

Family Matters 749955

Fourways Centre 734130

Marlpit Communications Centre 734130

Marlpit Community Centre 746173

Matthew Project 626123

Methodist Church 452086

Norcas 660070

Norfolk Youth Service 408678

NR5 and Future Radio 250505

Samaritans 08457 909090

(For all textphones 08457 909192)

The Garage 283382

West Norwich Partnership 455517

West Norwich Community Transport 748800

HEALTH, HOME, SAFETY

Bates Green Health Centre 749921

Contact NR5 746750

Non Emergency Police 0845 456 4567

NHS Direct 0845 4647

Tenancy Services 212888

West Earlham Prescriptions Line 250667

West Earlham Health Centre 250660

CAREERS AND BUSINESS

BizFizz 507457
(local business/enterprise support)

Connexions 764370

Community Learning Mentors 734143

Larkman Technology Centre 503766

Next Step (Adult careers) 215300

NWES at Henderson Business Centre
Andrew Wilson 07787521890
Lucy Tattersall 01603 251700

NELM Development Trust 251690
Web: www.nelm.co.uk

