



Wellbeing Newsletter

Autumn Offers

Keep Warm and Well this Winter
Struggling with the rising cost of living? Norfolk Libraries are here to help. From Monday 10 October until the end of March 2023, bags of essential items and hot drinks will be available to take for **FREE** from all Norfolk Libraries.

They will be providing:

1. Warm And Well (Adult and Child bags) containing: a scarf, a hat, gloves, a blanket, socks and a hot water bottle.
2. Warm And Well - Toiletries To Go (Adult bags) containing: shampoo, bodywash, deodorant and toothpaste.
3. Warm And Well - Toiletries To Go (Children's bag) containing: shampoo, bodywash, bubble bath & toothpaste.
4. Tricky Period To Go: Two packs of sanitary pads (1 normal, 1 super/night or long in the case of some supplies).
5. Vests and toothbrushes will also be available on request.
6. Hot drinks will be available during staffed library hours: tea, coffee, instant soup, hot chocolate and biscuits.

Please help yourself, no questions asked. For library opening times please [visit their website](#). They've also put together a helpful list of [books to help you budget](#).

Would you rather make a donation to help others in need? All Norfolk Libraries are accepting donations of regular, super and night sanitary pads to support our Tricky Period service. They also accept donations of menstrual cups and washable pads. Thanks to staff and customers in local branches of Co-op (Brundall, Sprowston Road, Earlham Road, Cromer, Hemsby and Snettisham) who have been collecting donations for the Tricky Period service.

Workshop on Food Distribution and Food Aid

Voluntary Norfolk Communities team and the Empowering Communities partnership's next workshop is on 24th November on food distribution and food aid initiatives in Norfolk. In light of cost-of-living concerns, it will be a topical and timely conversation, with some interesting organisations sharing their experiences.

We will hear from The Feed, Nourishing Norfolk and other local organisations about their work providing affordable, accessible food to communities.

Book now for FREE via Eventbrite and do share with your friends & colleagues!

<https://goodpracticefoodaidnorfolk.eventbrite.co.uk>

In Kind Direct
Get the products you need to help others
In Kind Direct distribute quality consumer products, donated by some of the UK's best known manufacturers, retailers and brands, to charitable organisations – including charities, community groups, foodbanks and schools – who join our network for free.
Members can access a wide range of products to use as and when they need them, or to give away to the people they support.
For more information:
[In Kind Direct](#)

Community Action Norfolk – Energy Advice sessions
Community Action Norfolk are holding some energy advice sessions as part of a partnership with Citizens' Advice's Big Energy Saving Network.
They are free to attend and will take place online on Microsoft Teams on the following dates/times:

- Thursday the 10th November @ 14:00-15:00
- Tuesday the 15th November @ 13:00-14:00
- Monday the 21st November @ 10:00-11:00

Please email emily.robertson@communityactionnorfolk.org.uk or bob.dye@communityactionnorfolk.org.uk if you wish to book on to any of these sessions.

Help for Households Campaign – energy saving advice update
The government has this week (26 October) published energy saving advice as part of the Help for Households Campaign.

Advice is given for:

- Reducing boiler flow temperature
- Turning down radiators not in use
- Draft-proofing windows and doors

Councils are encouraged to share this information as appropriate.

Help for Households website: <https://helpforhouseholds.campaign.gov.uk/>

Energy saving advice: <https://helpforhouseholds.campaign.gov.uk/help-with-your-bills/energy-saving-advice/>

£2,000 in government funding available to help with childcare costs HM Revenue and Customs (HMRC) are encouraging families across the UK to not miss the opportunity for government-funded help towards their childcare costs. Families could save up to £2,000 a year towards their childcare costs to help pay for October half-term holiday clubs and wraparound care during the school terms. More than 391,000 families saved money on their childcare costs in June 2022, worth a total of £41.6 million in top-up payments, and HMRC is reminding thousands of other families to not miss the chance to save up to £500 every 3 months, or £1,000 if their child is disabled. Families can sign up to Tax-Free Childcare to help pay for holiday clubs, before and after-school clubs, childminders and nurseries, and other approved childcare schemes. It is available to families with children up to the age of 11, or 17 if their child has a disability. The government will pay 20% of childcare costs by topping up the money paid into a Tax-Free Childcare account. This means for every £8 paid into the online account, families will automatically receive an additional £2 in government top-up. News story: <https://www.gov.uk/government/news/2000-in-government-funding-available-to-help-with-childcare-costs>

Flooding Awareness Session

The Norfolk Resilience Forum will be taking part in the National Flooding Exercise (FloodEx) 2022. One of the exercise objectives is to 'raise awareness of flooding risk and preparedness with NRF partner organisations and the wider community'. They are inviting Voluntary, Faith and Community Groups within the County to attend the virtual flooding awareness session on Thursday 15th September 1400 – 1600hrs. Reserve a place by e-mailing nrf@norfolk.police.uk with your name, group you are associated with and e-mail address. Please share the invitation with anyone you feel may benefit from attending.

Webinars

Join us online for talks and discussions on a wide range of subjects:

Help in a Crisis

Hear from various advice agencies about support available to help anyone struggling with rising prices.

Speakers: NAS - Christina Campbell.
MSS - Jonathan Saunders,
HSF - Sara Armitage

[Book Help in a Crisis](#)

Norfolk County Council Budget consultation
Have your say on the NCC's Council Tax and spending proposals.

Speaker **Andrew Jamieson Norfolk County Council**
Cabinet member for Finance

[Book NCC Budget proposals](#)

Find out more about policing in Norfolk
Speak directly to your Police and Crime Commissioner and Chief Constable about current and future challenges facing policing in Norfolk.

Speakers PCC Giles Orpen-Smellie and
Chief Constable Paul Sanford

[Book Policing in Norfolk](#)



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