



**Reminder**

Open Forum  
On Wednesday 13<sup>th</sup> November 2019

At: Marsham Arms, 40 Holt Road, Hevingham, NR10 5NP

**From** 1:15pm to 3:15pm

Items/issues under discussion:

- Notes from the previous Open Forum– 3<sup>rd</sup> September 2019
- Matters arising
- New Care Association – Update
- Guest Speakers - Gary Heathcote - Director of Commissioning, NCC, and Amanda Dunn, Assistant Director, LD and Autism Commissioning
- Any other items of concern to members

It would be helpful to know if you are able to attend. To book you place email [caroline.payne@norfolkIndependentcare.com](mailto:caroline.payne@norfolkIndependentcare.com) or phone 01603 712250. If you are unable to commit in advance, we would still welcome your attendance on the day.



**It's the final countdown.....**

**Four days to submit your nominations – don't miss out!**

**Nominations are open for The Norfolk Care Awards 2020**

The Norfolk Care Awards team are pleased to announce nominations for the 7th Norfolk Care Awards are now open and **will close at 12 noon on the 15th November 2019.**

Claire Gilbert and Tracy Wharvell from the Norfolk Care Awards team, says:

'It is incredible to think this is our seventh year of putting on this event, which raises the profile of working in care and supporting people to live their lives. We are humbled and impressed each year when we visit services – there is some great practice in Norfolk. This event enables us to 'give back', to the care sector, which we are both incredibly proud to be associated with, allowing us to say a big 'Thank You' to all the unsung heroes.

This event could not take place without the support of organisations who understand the importance of the work undertaken in social care. We are delighted Gordon Barber Funeral Homes, UEA, City College Norwich, Athena Care, Libby Ferris Flowers, Birketts, Grant Thornton UK LLP, Norfolk County Council, STP, Food Care Systems, Ashton Legal, Organ Donations and Boots recognises the care sector's fantastic workforce by supporting this event.

Norfolk County Council is delighted to support the Norfolk Care Awards once again. We want to celebrate the excellent work carried out every day by Norfolk's carers and care providers. It is important to acknowledge the expertise and commitment of carers, and we are proud to be sponsoring two awards: the Team Award and the Harold Bodmer Award. We have introduced a special bursary, of £1000, for the award winner of the categories we are sponsoring, which is for the further education and training for the award winners and their organisation.

The Norfolk Care Awards will take place at Sprowston Manor on 20th February 2020, and will be 'streamed live', to ensure everyone across Norfolk can celebrate with you.

To make a nomination visit [www.norfolkcareawards.co.uk](http://www.norfolkcareawards.co.uk)

The Norfolk Care Awards have ten categories:

- Delivering excellence through learning and development
- Effective coordination of End of Life care
- Excellent person-centred care and support
- Excellence in Delivering Dementia Care
- Collaborative Partnership
- Motivational leadership
- Promoting dignity and respect in everyday life or unpaid carer
- Rising Star
- Team Award – Together Everyone Achieved More
- Harold Bodmer Outstanding Achievement Award

Media enquiries:

Norfolk Care Awards

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## Training

**DEMENTIA DETECTIVES:**  
**Finding the person within**

**Day 1: Dementia – The Wider Picture**  
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics (including Signs and Symptoms)

**Day 2: Dementia - Distressed Behaviour / Communication**  
What to say when someone says... What to do when someone does

**Dates:**

Tuesday 30th July & Wednesday 31st July 2019  
Tuesday 20th August & Wednesday 21st August 2019  
Tuesday 22nd October & Wednesday 23rd October 2019  
Tuesday 26th November & Wednesday 27th November 2019  
Tuesday 3rd December & Wednesday 4th December 2019

**Price: £37 per day or attend both days for a reduced price of £100. 8.45am – 4pm each day at The Willow Centre, Cringleford, Norwich NR4 7JL (The days are designed to be booked as a two-day workshop)**

**To find out more and to book your place please contact Claire Gilbert on 07584 047996 or email [claire@carents.co.uk](mailto:claire@carents.co.uk)**

## Events

# Senior Friendship Group



Come along and make new friends, have a cup of tea and enjoy new activities each month. We welcome all including those with memory loss or other health conditions. There is no charge for attending.



The group is organised and facilitated by Mark Johnston

Date	Activity
12 <sup>th</sup> June	Come and meet us. Looking at reminiscence kits and quiz
10 <sup>th</sup> July	Board and card games
14 <sup>th</sup> August	Holiday photo's and making holiday collage
11 <sup>th</sup> September	Musical based games and activities
9 <sup>th</sup> October	Pets and animals theme
13 <sup>th</sup> November	Visit from local school children
11 <sup>th</sup> December	Making Christmas cards and Christmas carols

Second Wednesday of each month from 10:30am to 12:00 noon at Hellesdon Library.

Please contact Home Instead Senior Care on 01603 482116 for more information.



Norfolk County Council

## **Eaton Dementia Friends - Music Mirrors Workshop**

Monday November 18<sup>th</sup> 9.30 11.30am  
Ipswich Road United Reformed Church NR4 6QR

Sound and snatches of music can open up a whole world of feelings, people, places, and times long forgotten.

Music Mirrors use sound and music cues to fix memories that comfort, reassure and give joy. This free workshop shows how to make Music Mirrors and outlines the ways in which they can be useful to any one of us.

Contact [hf2344@gmail.com](mailto:hf2344@gmail.com) 01603 457802 or 01603 452404 if you would like to attend.