



I am pleased to let you know the headline results from the survey are now available on the NSAB website.

Norfolk SAB website: *NEW* news items posted

Please cascade to your colleagues, contacts and networks as appropriate, thank you.

NEWS ITEMS

- *NSAB 2018 survey – headline results | 10 August 2018*
- *7 minute briefings – what topics would be helpful? | 10 August 2018*
- *Helping to promote the plan | 7 August 2018*

Please go to:

[Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

Masterclasses/Workshops

NIC are very pleased to be working in association with Leathes Prior Solicitors to bring you the workshops/masterclasses below. Please see details below to book your place.

LEATHES PRIOR WORKSHOP FOR CARE SERVICE PROVIDERS



Leathes Prior are running a workshop on Wednesday 19th September for care service providers, whether that be privately or to the local authority, or NHS. Experts within our various teams will be offering one-off guidance, free of charge, in order to help you mitigate the risks you face, improve your services and ensure sustainability as a business in a challenging marketplace. The day will provide the opportunity for delegates to book a session with our team, tailored to bring together the right experts depending on the guidance required. Below covers the expertise available on the day, simply let us know who you would like to see.



All you need to know to prepare for GDPR
(Alex Saunders - Solicitor, Corporate & Commercial)



Employment considerations (NMW, Sleep in's, holiday pay etc.)
(Gareth Stevens - Associate, Employment)



Legal update on the charging of fees after death
(Richard Turner, Solicitor - Corporate & Commercial)



Key commercial and property considerations when selling
(Victoria Smith, Solicitor - Commercial Property and
Nina Ryan, Solicitor - Corporate & Commercial)



Offences involving ill-treatment or wilful neglect
(Tej Thakkar, Associate - Regulation & Defence)



Decisions on welfare for those lacking capacity, without consent
(Claire Wooliscroft, Solicitor - Wills, Estates & Powers of Attorney)

**Book your sessions with Alice Goldsmith at Leathes Prior on:
01603 281164 or agoldsmith@leathesprior.co.uk**



LEATHES PRIOR
SOLICITORS

Training

Contributes significantly towards Subjects 1, 4, 5, 7 and 8
on the Dementia Standards Training Framework 2018



EXPERIENTIAL DEMENTIA TRAINING

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:
14th & 15th August 2018 - **Last Few Places Available**
12th & 13th September 2018



Price: £57 per day or attend both days for a reduced price of £100.

9am - 4pm each day at The Willow Centre, Cringleford, Norwich NR4 7J
(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@carerite.co.uk

THEATRE CARES

Dementia Inclusive Programme | September 2018 - March 2019



Memory Sharing Letterpress Workshop with Print to the People

Tuesday 4 September 2018 2 - 4pm
£5

Use Print to the People's collection of antique wooden type to design and print your favourite expressions, sayings, phrases or memories based on your shared experiences as a couple.

Time to Dance with Glass House Dance

Tuesday 2 October 2018 2 - 4pm
Tuesday 5 March 2019 2 - 4pm
£5

Part dance class, part social dance. These sessions are open to all, to dance and socialise, or just soak up the atmosphere! This social event is themed and includes music, games and dancing. We positively encourage dressing up, but it's not essential. And what would a social dance be without tea and cake! October is all themed around Hollywood musicals and March is themed around Under the Sea



Glyndebourne workshop

Tuesday 6 November 2018 2 - 4pm
£5

Join us for an afternoon of singing, storytelling and music making as we explore what it is like to be part of an opera chorus. Working with artists from Glyndebourne's Raise Your Voice Program, this session will provide an opportunity to explore some of opera's grandest themes. No prior experience of singing necessary. The session will involve some gentle movement.

Panto Tea

Tuesday 18 December 2018 2 - 4pm
£5

Meet some of the cast and crew of Norwich Theatre Royal's pantomime, with live music and Christmas tea and cakes.





Bake Tell Tarts with Emma Harding

Tuesday 5 February 2019 2 - 4pm

£5

This is an exclusive club open only to those who might wince at giving their dates of birth elsewhere! We want you and your wisdom and your wit and your willingness to decorate some Bakewell tarts with messages about growing older. Create some art you can eat with tea and coffee afterwards. What's not to like?

Spare Tyre presents The Garden

Tuesday 12 February 2019 11am and 2pm

£5

Bringing the outdoors in, *The Garden* takes you on a multi sensory journey through the seasons, inspiring your imagination and awakening your senses.

During the performance, Spare Tyre artists create a safe space for communication using our non-verbal methods that stimulate the senses, creating a truly person-centred experience.



In addition to the above participatory activities, we have events in our main program supporting Theatre Cares. Please note that these are not specifically for people living with dementia, although everyone is welcome to attend.

Still Alice

Alice Howland is stubborn, clever and driven – a professional at the top of her game. But, diagnosed with early-onset Alzheimer's at the age of 50, she is compelled to confront her new reality and draw on her resilience to remain independent for as long as possible. Alice strives to remain true to the woman she has always been, while relationships shift within her family, in her work and most importantly with herself. Uncompromising yet tender, this new theatre adaptation of the award-winning novel truthfully acknowledges life with a progressive disease – its conflicts and burden, and its small, priceless victories. These performances are at Norwich Theatre Royal.

Tuesday 2 - Saturday 6 October, 7.30pm

Mats Thurs & Sat 2.30pm

COST: from £10

Theatre Cares is a participatory programme for people living with dementia and their carers. We provide a safe space for people to have fun through one off activities led by experienced practitioners. All workshops will be very relaxed and set to a leisurely paced with a small number of participants to allow for maximum contact with practitioners.

Personal Assistants eligible for free places at all activities, as with performances.

BOOK: Box Office 01603 63 00 00 ntr.org.uk/TheatreCares

STAGE TWO
NORWICH THEATRE ROYAL

EYEBROW ARTS

'An Invitation' – Norfolk Tour



'An Invitation' is a bespoke piece of theatre aimed at people living with dementia and their carers, sensitively tailored to your care setting.

Through music, movement, making and magic, Eyebrow Arts invite you to take part and enjoy the unexpected. This performance responds to the wonderful imaginings and happenings of a group of people working together.

We will be touring the performance throughout Norfolk and we'd love to bring it to your care setting.

Duration: 1 hour

Capacity: Each performance can cater for a maximum 14 participants, including care staff. We can deliver two performances in the same location per day, if required.

Cost per day: £240 / £60 (subsidised) Please see booking form for more information.

To book please return a booking form to: eyebrowarts@live.com by 20th August 2018.

Benefits to cared for:

- Encourages joyful, creative and fun interactions
- Gently exercises body and mind
- Supports the improvement of wellbeing and cognitive function
- Encourages self expression

Benefits to carer:

- Refreshes and re-energises
- Inspires new ways of engaging with your cared for
- Builds confidence in using creative activities
- Builds stronger connections and rapport



About Eyebrow Arts

Eyebrow Arts is a collective of professional artists based in Norwich who devise and deliver creative activities for adults with learning disabilities, older people and people living with dementia.

We create friendly and safe environments that enable people to enjoy being creative, meet other people, express themselves, try new things and, most importantly, have fun!

Creative experiences play a valuable part in improving wellbeing, and we believe that everyone should have access to high quality art making.

Eyebrow Arts work in the community in public venues including galleries, museums and theatres as well as private care settings including residential homes, dementia support groups and hospitals

For more information, visit www.eyebrowarts.co.uk

Feedback for 'An Invitation'



Photos: Adam Shawyer

Norwich
Arts
Centre.

 **Norfolk** County Council
  Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**Independence
Matters**
A social enterprise investing in the people that matter

We hope you find the above information useful. If you have any queries please do not hesitate to contact me.

Kind regards

Caroline

On behalf of
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Please note: my normal working days are Monday and Wednesday

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