



Norfolk Safeguarding Adults Board

NEW news items & ***important*** updates have been posted on Norfolk SAB's website

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

GUIDANCE

Important update – please share widely

- **Medication Error and Safeguarding - Guidance for providers**

Norfolk County Council receives thousands of notifications from providers about medication errors. Some of these need to be reported as safeguarding concerns and some don't. But which ones?

To support providers, the Quality Assurance Team of Norfolk County Council and the Norfolk Safeguarding Adults Board (NSAB) have produced new joint guidance.

NEWS ITEMS

- *Crime against older people isn't well understood by police and CPS & they should be better prepared to deal with an ageing population* | 18 July 2019
- *Domestic abuse in rural Britain* | 17 July 2019
- *Are MARACs fit for purpose?* | 17 July 2019

Please go to

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

Training

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

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 28th 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: £57 per day or attend both days for a reduced price of £100.
8.30am – 4pm each day @ The Willow Centre, 102 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

Information

“Get Set to Go is a programme managed by Norfolk and Waveney Mind and Active Norfolk to help people with mild to moderate mental health conditions to be more active, meet other people and feel better. We are starting a new, free activity in Heartsease: a run-for-fun, set-your-own goals group led by qualified coaches with plenty of outdoors exercise followed by a friendly get together.

Where?

Heartsease Recreation Ground – meeting point outside Norfolk and Waveney Mind’s office, 50 Sale Rd NR7 9TP

Dates

TASTER SESSION: Wednesday 7 August, 18.30 – 19.30

REGULAR SESSIONS: every Wednesday from 14 August to 30 October, 18.30 – 19.30

Please contact Paola on

gstg@norfolkandwaveneymind.org.uk www.norfolkandwaveneymind.org.uk

Join our free wellbeing cycling group!

Pushing Ahead (Norfolk County Council’s active travel scheme) and Norfolk and Waveney Mind, are starting a friendly cycling group for adults who want to improve their mental wellbeing in a friendly and supportive environment.

- Gentle, fortnightly rides will start from Café 33, Witard Rd, Heartsease NR7 9XD, followed by a social catch up over tea and cake!
- All rides starting at 1.30pm, 27 July, 10 August, 24 August, 7 September and 21 September.
- FREE Dr Bike MOT’s at Café 33 on July 24 & August 28, all 2–4pm. Just drop in!

- Want to try out cycling but don't have a bike? Borrow a bike for 4 weeks from the Pushing Ahead Cycle Loan Scheme – just £10 returnable deposit. Visit www.pushingaheadnorfolk.co.uk for more information

For more information, please contact Kirsty at:

Email: pushingahead@norwichmind.org.uk

Telephone: 01603 432457

www.norfolkandwaveneymind.org.uk “



CELEBRATE INDEPENDENCE!

EQUAL LIVES ART COMPETITION

Submit a piece art of that demonstrates what 'independence' means to you to be in with a chance of winning £25.00 and having your art displayed

SEE OVERLEAF FOR DETAILS

HOW TO ENTER

**THIS COMPETITION IS OPEN TO ANYONE WHO
IS DISABLED AND LIVES IN NORFOLK**

THE CATEGORIES ARE:

USER LED GROUPS

DISABLED INDIVIDUAL

TO ENTER, SEND YOUR ART, OR A PHOTOGRAPH
OF IT (LABELLED ART COMPETITION) TO:

**EQUAL LIVES, 15 MANOR FARM BARN, FOX
ROAD, FRAMINGHAM PIGOT NR14 7PZ**

OR EMAIL TO
MEMBERSHIP@EQUALLIVES.ORG.UK

BEFORE MIDDAY ON 30.08.19

INCLUDED IN YOUR SUBMISSION, YOU SHOULD
CONFIRM WHICH CATEGORY YOU ARE IN, YOUR
NAME, AND YOUR CONTACT DETAILS

WINNERS WILL BE CHOSEN BY EQUAL LIVES
MEMBERSHIP AND ANNOUNCED 1.10.19 - ONE
WINNER FROM EACH CATEGORY WILL WIN
£25.00!

**BE CREATIVE AND USE
YOUR IMAGINATION!**

equalives.org.uk

