

The logo for the Norfolk Care Awards 2020. It features a stylized butterfly in shades of blue and teal above the text 'NORFOLK CARE AWARDS 2020'. The word 'NORFOLK' is in black, 'CARE AWARDS' is in teal, and '2020' is in black.

Host announced for Norfolk Care Awards 2020



SIOBHAN PHILLIPS

Siobhan recently wowed audiences as the only female finalist in Britain's Got Talent 2019. Described as "The love child of Peter Kay and Victoria Wood" her hilarious self-penned songs really struck a chord with the nation who could totally relate to a selection of her observational daft ditties... covering subjects from becoming a first-time Mum at 40, tantrum throwing toddlers and the frustrations of mother daughter relationships, we were treated to an insight of her life which she presented with exceptional candour and warmth.

"You're hilariously funny but more than that you have this tremendous warmth....we love you" DAVID WALLIAMS

"Very natural, very relatable, you're a great writer and an absolute breath of fresh air" ALESHA DIXON

"You always get this massive crowd reaction...you light up the room and you're very funny" SIMON COWELL

"I'd just love to go on a girls night out with you, you're a riot!!" AMANDA HOLDEN

The show was not Siobhan's first foray into the world of entertainment. She started her career at the age of 16 taking to the road playing gigs up and down the UK which was a tough apprenticeship but invaluable experience in dealing with audiences. Back then, she was a vocalist, treating the crowds to every style from pop to Opera. The Stage newspaper declared her as having "one of the great British voices of this, or any other time" but she soon found her personality shone through and Ken Dodd deemed her "a sunny new star with the voice of an angel and a natural comedic ability"

In 2003 she was a finalist on Channel 4s classical singing competition "Operatunity" dazzling with a version of Nessun Dorma. After this exposure she was in great demand performing at major sporting events, belting out this classic Puccini crowd pleaser on the pitch in front of thousands of spectators! She met Frank Skinner, surprisingly an opera fan himself, at the London Coliseum and he generously gave her a spot on his TV show.

Offers from major cruise lines came flooding in (pardon the pun!) and Siobhan has performed all over the world to every nationality imaginable, proving that her appeal is universal. Australia and Antarctica are her all time favourite cruise destinations.

She has appeared on "This Morning", "Loose Women", "Lorraine" and "Good Morning Britain", each time custom-writing amusing songs in a matter of minutes, all about the shows presenters. This is indicative of her spontaneous quick wit and her natural ease in live television situations.

Siobhan has strong Irish roots but grew up in Yorkshire where she lives with her partner and 3 year old daughter. She should probably cultivate some worthwhile high brow hobbies... however in her spare time, of which there is very little, she is a self-taught gin and red wine taster!

Siobhan brings her own inimitable charm to any event and leaves her audiences feeling like they've made a new life-long friend.

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

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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Information



Norfolk County Council

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.

NEWS ITEMS

- *Domestic abuse: recently published articles & reports* | 22 September 2019
- *Norfolk's services to help tackle loneliness and social isolation* | 20 September 2019
- *What is the Domestic Violence Disclosure Scheme?* | 20 September 2019
- **Top award for DA Change Coordinators training** | 20 September 2019
- *Need to make a DBS referral? Watch this* | 19 September 2019
- *Are you a Registered Manager or Deputy Manager? Read this.* | 16 September 2019
- *James Paget's safeguarding conference: Friday 11 October* | 16 September 2019
- *New support for domestic abuse victims in family courts* | 16 September 2019
- *Volunteer opportunity with Community Law Service in King's Lynn* | 13 September 2019
- *Leeway conference: 'How Others are Affected by Domestic Abuse'.* | 13 September 2019

Please go to: [Norfolk Safeguarding Adults Board \(NSAB\) 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 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: £57 per day or attend both days for a reduced price of £100. SASans – 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



ORAL CARE TRAINING

The CQC June 2019 report on Oral Health in Care Homes recommends all care staff are trained in oral care



Smiling matters

Oral health care in care homes

Oral Care Training for Care Settings delivered by Joy Hynes a practicing Dental Hygienist & Dental CQC Inspector

NORWICH	IPSWICH	CHELMSFORD
21st October	14th October	15th October
The Oaklands 89 Yarmouth Road Norwich NR7 0HH	Greshams 312 Tuddenham Rd Ipswich IP4 3QJ	Ashwells Sports & Country Club, Ashwells Road Brentwood CM15 9SE
£55pp + VAT	CAMBRIDGE	LINCOLN
09:00am - 11:15am 11:30am - 13:45pm 14:15pm - 16:30pm	22nd October Venue TBC	29th October Venue TBC

01508 447311 / 01603 574079

info@angliantraining.co.uk www.angliantraining.co.uk





FREE DEMENTIA TRAINING WORKSHOPS

For family carers and those who come into contact with people with dementia through their work

The training workshop consists of one 2 hour session covering:

1. Alzheimer's Disease & Other Dementia's – gives participants a good basic understanding of the condition, its symptoms and impact on behaviour.
2. Capturing Life's Journey – introduces the benefits of recording information about the life of the person and shows how this can be used to provide high quality care.
3. Techniques to Manage Behaviours – demonstrates how some understanding together with a number of simple techniques can have a very positive impact on the individual and carer alike.
4. Activities to Encourage Engagement – provides understanding, ideas and techniques to help the carer engage the person with dementia.

The workshops are run from the Home Instead Senior Care training suite in Norwich and are free of charge. Places are limited to provide a friendly, comfortable and welcoming environment. Alternatively we can come out to your organisation to run a session. Workshops are being run on the following dates:

Thursday 3rd October at 14:00

Thursday 14th November at 10:00

For more information or to reserve a place please email Mark Johnston at mark.johnston@homeinstead.co.uk or call 07776 060837

Events



Hypo Awareness Week 2019

September 30 to October 6

This project has been funded by Sanofi who have had no input into any arrangements or content.

A message from Oliver Jelley who organises this national campaign:

We're busy preparing for Hypo Awareness Week 2019. The annual campaign to raise awareness of hypoglycaemia in the UK and Ireland by educating healthcare professionals will take place between September 30 and October 6.

The Hypo Awareness Week Excellence Award will be part of the QIC Diabetes awards programme, with the winner due to be announced at the awards ceremony which takes place on Thursday, October 17.

Again, the core of the campaign will focus on secondary care but we will also be looking to work with primary care and care provider colleagues to widen the campaign and get the important message about hypo awareness out into the community.

As in previous years, participating organisations need to register. They will be sent a printed pack* and a link to an electronic pack of materials and encouraged to hold activities and training throughout the week.

If you have not yet registered for Hypo Awareness Week 2019, please follow the instructions below:

Register:

To take part, email oliver.jelley@ojcr.co.uk and provide the following information:

- Lead organiser's name
- Name of trust/organisation
- Number of participating sites
- Address for printed pack*
- Numbers of t-shirts required* (10 per registration site available – if stocks last!)
- Telephone number

[*printed packs & t-shirts are limited due to an overwhelming response this year, but access to online resources will be available to assist in increasing knowledge and to support your activities]

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Oliver Jelley / Managing Director
07803 003811 / oliver.jelley@ojcr.co.uk

Orange Juice Communications 01604 882342
Catherine House, Harborough Road, Brixworth, Northampton, Northamptonshire, NN6 9BX
<http://orangejuicepr.co.uk>

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 th June	Come and meet us. Looking at reminiscence kits and quiz
10 th July	Board and card games
14 th August	Holiday photo's and making holiday collage
11 th September	Musical based games and activities
9 th October	Pets and animals theme
13 th November	Visit from local school children
11 th 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



Want to feel healthier, connect with like-minded people and enjoy yourself? If the answer is YES then Pace of Mind running group is for you!

Pace of Mind is a partnership programme delivered by Norfolk and Waveney Mind, South Norfolk Council and Active Norfolk to help people with mild to moderate mental health conditions to be more active, socialise and feel better. There is also the opportunity to take part in Wymondham 10k on 24 November.

We are starting a new, free activity in Wymondham: a run-for-fun, set-your-own goals group led by a qualified coach and physical activity support worker with plenty of outdoors exercise followed by a friendly get together!

Where?

Ketts Park, Wymondham NR18 8UR, just off the A11 – meeting point outside the community and recreation hall.

Dates:

TASTER SESSION: Thursday 12 September, 18.00

REGULAR SESSIONS: every Thursday from 12 September until Christmas, 18.00-19.30

Please contact Anna on anna.hattersley@norfolkandwaveneymind.org.uk

www.norfolkandwaveneymind.org.uk

