

SPRING 2022

NORFOLK CLUBHOUSE



1 OF 320 WAYS TO BETTER MENTAL HEALTH



EMERGING FUTURES

Dear Members and Friends

Spring heralds new life and for some of us perhaps a fresh start. As we emerge from the Pandemic, we are learning to find a way of living with uncertainty as to what this process will reveal. We look forward to creating something new in the coming months of 2022 and developing our existing relationships and structures.

Our Thorpe Hamlet Hub is growing in numbers and in the depth of our relationships as we grow together a community in the locality to support individuals and families through these difficult, yet potentially creative times.

Our Watton Hub is welcoming new Members. We now have a Sessional Worker to provide some local support to grow and develop it and place it on a firm foundation for the future.

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Funding Update

easyfundraising
feel good shopping

£39M
Raised

Help us hit our
fundraising target
this year!

2022

• You shop • 6,000+ Retailers Donate • For Free

Please remember us when you shop online for things you need. It costs nothing and helps us to raise funds throughout the year for everyday operating costs which few funders will fund.

If you have an old motor vehicle (car, bike or van) you can donate it to us via GiveACar who will raise money for us and dispose of your vehicle efficiently.

GIVEACAR

Donate Your Car
Fast | Free | For Charity

Free Collection | Any Car | Nationwide

Call us on **0207 736 4242** or visit
www.giveacar.co.uk to find out more

**NORFOLK
CLUBHOUSE**

Albert Hunt
Trust

Thank you to the Albert Hunt Trust for their donation of £1,000.

Spring Celebration, Thorpe Hamlet Hub

On Saturday 19th March we had a Spring Sale at St Matthew's Church, sharing food and meeting with some of our Members and others from our local community. It was good to have some meaningful conversations as well as raising some joint funds for our work with individuals and families in the Parish.



Dates for your Diary

Monthly Face to Face Meet-Ups at The Forum

Spring is here! We are now meeting every last Saturday of the month at 11am for Members not able to make the Hubs or Zoom regularly, who are working full or part-time or have caring responsibilities.

Check out our Stand at The Forum on **23rd April 10am-4pm**, full details on page 4.

Our stand at Carers' Week at The Forum on Monday **13th June** will provide opportunities to meet with others who have caring responsibilities and who may be interested in becoming a Clubhouse Member.

A Member's Photography Exhibition at The Forum Saturday 23rd April 10am - 4pm.



Intimations of Life: Nothing Stands Alone

There's something about this tree that speaks to me.

Its branches are all knarled, twisted, some thick, some bent but still the new shoots grow, reaching out to the Spirit of our World and towards other trees.

As if uniting for one important moment, looking perhaps for comfort and affection. All the time standing bold and strong. It has weathered the storms, the rain and the cold but still it reaches out, searching for the warmth of Spring and Summer.

A tower of strength whose roots go deep, oh to be a tree and to reach for the sky, connected deep underground, a blessing and an honour.
Speaking to the strength that lies within each of us.

https://theforumnorwich.co.uk/whats-on/norfolk-clubhouse-intimations-of-life-nothing-stands-alone?start_time=2022-04-23T10.00

Norfolk Clubhouse joins Acts 435

Acts 435 is a charity enabling churches and local charities to work together to provide specific practical help for those known to them to be in financial need. Grants are non-repayable.

Acts 435 was set up in 2009 in recognition of the increasing needs of people in UK poverty, in a time of recession and austerity. Today, the need exists more than ever and over 600 churches and local charities around the UK have partnered with Acts 435 to make a positive difference to the lives of those they meet in their communities.

Acts 435 facilitates direct connection between those who are in need, and those who want to help, via our online website. Community Advocates post the requests for help onto the website. Once a request is posted it can be met by one donor, or more donors, giving what they can towards a small gift that can make a big difference; lifting a burden or preventing a crisis for some of the most vulnerable people in our society.

The process is totally confidential. If you are a Clubhouse Member and need a grant of up to £150 for an item or to pay for something essential, please email June Webb who is the Advocate for Norfolk Clubhouse. It takes a few minutes to post. Most requests are met in full within 2 weeks, however we can extend it for another 2 weeks if necessary.

Please see Acts 435 website for further details - <https://acts435.org.uk/>

Norfolk Community Advice Network

Norfolk Clubhouse is registered with NCAN and can make a confidential referral to them for any Member needing free, confidential advice on subjects including housing, legal issues, money advice, welfare benefits and much more.

Check their website for full information: www.ncan.co.uk