

NORFOLK CLUBHOUSE



1 OF 320 WAYS TO BETTER MENTAL HEALTH



REST, REFLECTION AND RESTORATION

Dear Members and Friends

Following a break over August in meeting with our Members we are now returning to our Hubs, reflecting upon where we are as individuals and as a Community.

We are pleased to welcome some new Members, Trustees and Volunteers. We look forward to sharing our particular gifts, strengths and experience and exploring these together. We continue to explore new and existing connections with local organisations to share resources and promote community wellbeing.

Wishing you all a fruitful and colourful Autumn and Winter.

IN THIS E-NEWSLETTER

Clubhouse Update - 1

Welcome to the Team-2

Dates for your diary - 3

Activities Update 4-6

Autumn Fayre - 7

Funding Update - 8

Welcome to the Team



Members Update

If you are a Member not attending a Hub, you are still welcome to meet when you can, either at our Monthly Saturday socials or on Zoom at 4pm on Saturdays. Contact June on june@norfolk-clubhouse.org or leave a text message on 07935072726 with your name and she will get back to you.

65

Trustees

4

We have 4 new Trustees joining us this year and 2 new volunteers. We will feature them in our Spring/Summer Newsletter.

Volunteers

2

Dates for your Diary

Thorpe Hamlet Hub

Members meet every Monday at Pilling Park Community Centre, Thorpe Hamlet, NR1 4PA from 10am until 2pm. Bring a packed lunch. There is free tea/coffee.

We meet for social connection, peer support and work on projects involving learning new skills in art and crafts, developing creative skills, working together to produce useful upcycled and recycled things from unwanted goods. We facilitate Members to try new things and to gain confidence in accessing other opportunities to improve their lives and to access training, education and employment.

Following a break in August we reopened from Monday 4th September. Join us for some new and developing activities including cooking on a budget and for better mental health, drumming and gardening/horticulture, litter picking and recycling/upcycling unwanted items.

Congratulations to one of our Members who begins a new job this Autumn.

We wish them well and glad they can still join us at the Hub.



Watton Hub

Following a break, Members will be meeting every Monday from 2pm-4pm from Monday 2nd October at Watton Methodist Community Centre, 57 High Street, Watton, IP25 6AB. There is social connection, support with confidence building and opportunities for training, education and employment through 1-2-1 coaching. We will continue with existing activities around cooking on a budget and for better mental health, music group, games and peer support.

Other social opportunities

Monthly Face to Face Meet-Ups at The Forum

We meet on every last Saturday of the month at 11am for Members unable to make the Hubs or Zoom regularly, who are working full or part-time or have caring responsibilities. Members who attend the Hubs are also very welcome so that you can meet other Members and make new friends and connections.

Saturday Socials on Zoom

We meet every Saturday on Zoom at 4pm for a chat and a cuppa and help build social connection for those unable to attend the Hubs or for anyone wanting an additional connection on Saturday when weekends can be particularly difficult sometimes.

Thorpe Hamlet Hub

Horticulture and Community Gardening



September Harvest of beetroot, carrot, swede and turnip.

Norfolk Clubhouse

is hosting a



Community Green Space Meet-Up

Tuesday 9th May

10.00 - 12 noon

Pilling Park Community Centre, 23 Pilling Park Road, NR1 4PA

Meet up about the green space on Pilling Park road, formerly a Community Garden.

- Share your views
- Share your time/knowledge
- Share resources
- Help your community
- Create a new community space
- Meet like-minded people
- Learn new skills
- Refreshments provided



Pilling Patch Project

Pilling Park Road Community Nature Garden

pilling.patch@gmail.com



The Pilling Patchers' Group

Mental Health & Food Workshops

A new project delivering opportunities to share/improve cooking skills, exploring diet and mental health on a budget, is happening at Thorpe Hamlet Hub. This will include cooking with a slow cooker.



Halloumi with traybake roasted vegetables.

Djembe Drumming/Music & Movement

Our drums arrived at last! We are developing this project and welcome any Members who can develop this with us who can play a musical instrument of any sort at the Thorpe Hamlet Hub.



Autumn Fayre

Preparations are now in full swing for our Autumn Fayre at Pilling Park Community Centre.

Help is needed please from our Members and friends with:-

- Attending and enjoying your company!
- Donating items for us to sell, books, craft items you have made, upcycled or reclaimed items.
- Help with managing our stall of craft and gift items.
- Help on our second-hand book stall.
- Help with our Pop Up cafe, serving visitors and washing up.
- Talking to visitors about our work and welcoming people to the event.



Norfolk Clubhouse

is hosting an

Autumn Fayre

Saturday 28th October - 10am - 1pm

Pilling Park Community Centre, 23 Pilling Park Road, Norwich, NR1 4PA.

- Craft & Makers' Stalls
- Second Hand Bookstall
- Upcycled and Reclaimed Stall
- Refreshments & Pop Up Cafe
- Autumn & Winter Themed Gifts
- On site parking and level access for wheelchairs.

Stalls are £10 for the day. Please contact June on june@norfolk-clubhouse.org or text her on 07935072726 to obtain a stand.





Funding Update

**easyfundraising turns
your online shopping
into everyday magic**



easyfundraising

You shop, brands donate to us

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.

Here is a link to our page
<https://www.easyfundraising.org.uk/causes/norfolkclubhouse/>

Our thanks to

- Sainsbury's Helping Everyone Eat Better Community Grant Fund 2022-23 (Sainsburys Pound Lane) for their kind donation of £1,500 to support us in delivering Food Workshops to our Members at Thorpe Hamlet Hub.
- East of England Co-op for £10.00 towards our Autumn Fayre Pop Up Cafe.