



# Fairshare Trust North Lowestoft Newsletter

June 2011

Edition 4

**fair share**

Lottery money where it's needed most

**Fairshare Trust is all about building stronger communities by unlocking the potential in areas that have not previously received their 'fair share' of Lottery funding.**



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## Aid and Assist

What started out in 1983 as a small project run from a garage has become an organisation that offers a wide variety of services to the public. Aid and Assist Limited not only offers a shop with a range of affordable goods from clothes to furniture, the charity also provides property maintenance, work placements and training for adults with learning difficulties and a gardening service on Fridays.

Aid and Assist's charity shop, located at 54 High Street, Lowestoft, sells a wide range of good quality donated items, including some not usually sold in charity shops such as sofas, bedding, and white goods. Aid and Assist are aware that their customers are often people who are on benefits, low waged or unemployed and all their items are priced accordingly. Customers are able to pay deposits on furniture and while all electrical goods are tested, each one comes with a thirty day guarantee as well. Aid and Assist offers free collection on larger items that people wish to donate and for a small charge there is a delivery service after the item is sold.

The other services that Aid and Assist offer are perhaps not as well known as the shop. Aid and Assist's Property Maintenance service incorporates carpentry, brickwork, general painting



and decorating, patios and driveways, and items such as gates are made to order. Mondays to Fridays 9.00am until 4.00pm and Saturday 10.00am until 3.00pm, Aid and Assist welcome calls from anyone wishing to use this service. Customers who are elderly or on benefits are entitled to a 10% discount. Before any work has begun, Aid and Assist will survey the property and provide the customer with a free estimate. Aid and Assist's gardening service is run on Fridays, and is also available for anybody, with the elderly and people on benefits again entitled to a 10% discount.



From 9.00am-3.00pm Mondays to Thursday and 9.00am-2.30pm on Fridays, daily workshops are run for adults with advanced learning difficulties. The workshop is located at Aid and Assist's retail outlet in Lowestoft. Depending on their abilities, the trainees are allowed to make their own way around, gaining experience and essential skills in an environment

that is perfectly suited to their needs. The trainees learn practical, vocational and social skills using arts, crafts, numeracy and teamwork to complete contracts for local businesses. Recent projects included rug making and packaging beach equipment for sale at a local shop. While attending the workshops trainees can also take on kitchen duties or work within the Aid and Assist shop, cleaning or taking the role of supervisor. As well as providing the workshops, Aid and Assist organizes fun activities for the trainees such as Christmas parties and Halloween discos.



The workshops are open to anyone for a small charge, so if you know someone who would benefit from them, give Aid and Assist a call.

If you would like to take advantage of any of the services mentioned above, wish to volunteer or join the workshops give Aid and Assist a call on 01502 586925, or log on to their website <http://www.onesuffolk.co.uk/AidandAssistProject> for more information. Aid and Assist Limited is now a registered charity in both Norfolk and Suffolk and would welcome the addition of people from Norfolk as well as local customers.



**"OBCE acts as a voice for the people of Oulton Broad."**



**Oulton Broad Community Enterprise** Web [www.oultion-broad.co.uk](http://www.oultion-broad.co.uk)  
E-mail [obce@oultion-broad.co.uk](mailto:obce@oultion-broad.co.uk)

Oulton Broad Community Enterprise has undertaken several projects over the past few years...

The Oulton Broad village sign being just one of those.

Currently we are working on renovating an unused, run-down building in Nicolas Everitts Park to create a space for community and schools use.

Nick-named the 'little house' the building will be completely transformed to make it a useable space and an asset to the park. Planning permission has already been granted for

the project .

Oulton Broad Community Enterprise acts as a voice for the people of Oulton Broad, giving a platform for local residents to speak of any concerns they may have and to put forward ideas for the future development of the area.

OBCE supports saving the local Oulton Broad library and is actively looking at ways to assist with its future security.

#### **Artists Boulevard**

10am to 4pm every Sunday and selected Bank Holiday Mondays April to

October. Enjoy exhibitions and demonstrations from local artists on The Boulevard, next to the waters edge, throughout the summer.

#### **Carol Concert**

Sunday 11th December 2011

Carols commence 4pm  
Stalls open from midday

Download a copy of the membership form by visiting our website - or contact us for one to be posted to you.

If you have any questions about membership please contact us and we'll be happy to help.

**Waveney Women's Health Info Centre** 01502 561816

E-mail [wahic@btconnect.com](mailto:wahic@btconnect.com)

web <http://www.onesuffolk.co.uk/WaveneyWomensHealthInfoCentre>

Women's drop-in centre based in Lowestoft, serving the whole of Waveney.

- Outreach service across Waveney.
- Provision of health

information on a range of topics.

- Listening ear service: 'You talk, we listen.'
- Courses and workshops on a wide range of topics (check the

website for the latest courses running)

- Free pregnancy tests
- Free condoms
- Free counselling
- Support groups

#### **Lowestoft North Safer Neighbourhood Team (SNT)**

Wards Covered ~ Oulton, Lothingland, Gunton, Corton, Oulton Broad, Normanston, St Margaret's

Inspector Sarfield Donohue

Sgt 264 Andy Green

PC 335 David Stranks (Rural North)

Pc 107 Mark Gamble (Normanhurst)

Pc 571 Malcolm Leggett (St Margarets/ North Lowestoft)

PCSO 3129 Peter Lamin (Normanhurst)

PCSO 3024 Nigel Turner (Normanhurst)

PCSO 3083 Julia Quantrill (North Oulton Broad)

PCSO 3080 Susan Kershaw (North Lowestoft/Rural North)

PCSO 3205 Edward Vincent (St Margaret's/ North Lowestoft)

PCSO 3181 Michael Soanes (Harbour)

PCSO 3135 Justin Winn (Gunton)

To speak with an Officer with the above SNT ~ telephone **01986 835108**

Email [lowestoftnorth.snt@suffolk.pnn.police.uk](mailto:lowestoftnorth.snt@suffolk.pnn.police.uk)

For information about your Safer Neighbourhood Team's (SNT) including Priorities; Campaigns and Meetings, please choose the following link [onesuffolk](http://onesuffolk) and choose Lowestoft North

#### **COMMUNITY SAFETY DEPARTMENT**

Waveney Crime Reduction Officer, Bruce Granger

Lowestoft Police Station, Old Nelson Street, Lowestoft. NR32 1PE

Community Watch Liaison Officer, Anne Powell,

Felixstowe Police Station, 32 High Road West, Felixstowe. IP11 9JE

E-mail – [anne.powell@Suffolk.pnn.police.uk](mailto:anne.powell@Suffolk.pnn.police.uk)

## The Yard Project 01502 584305 07908007219

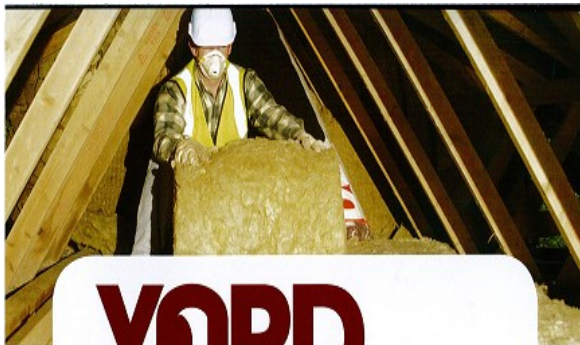
Set up in 2005, The Yard Project (based in a former builder's yard, situated in the heart of a residential community) works with young adults, 16-24, who find it hard to sustain education, training or employment. Over a three-year period, the young adults, supported by skilled project staff, transformed a derelict building to create their own training and community centre, which is now owned by The Yard Project.

Over the last year The Yard Project has been working with Climate Energy Solutions a regional energy efficiency company to develop opportunities for young people to gain qualifications and skills to work in the industry. The Yard Project now has two experienced and qualified teams delivering loft and cavity wall insulation. Four of the initial trainees now have full time employment in the industry.

The Fair Share Trust funding enabled this next phase of the Yard Project's move towards sustainability. Providing real jobs and at the same time reducing fuel poverty in some of the most deprived wards in Lowestoft. The Yard has successfully linked with local land lords to provide insulation to upgrade properties so tenants fuel bills can be reduced. 'I can't believe what a difference it has made. My house is so much warmer.'



The Yard Project also offers training in a range of areas including bicycle refurbishment and repairs, land based skills, willow products, gardening and community work. For more information contact Peter Grubb: 07908007219 grubbmeade@talktalk.net



# THE YARD PROJECT

opening doors for young people  
and the community

in partnership with



## Loft and cavity wall insulation

Many households may qualify for free or low cost insulation, including privately renting tenants.

By improving your insulation you can save money.

The **Yard Project** can:

- Help you save money
- Carry out a free survey
- Help with draught proofing
- Insulate your loft
- Insulate wall cavities

Contact Peter Grubb - 0800 980 4749 (Quote: TYCES1)

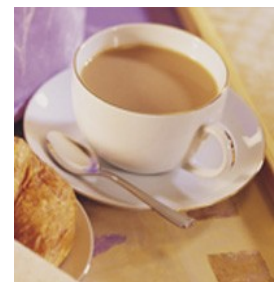
## PEER SUPPORT

Peer support is a self help group for people with a mental health condition. It is run by Mental health service users FOR mental health service users.

The group meets 4 days a week Monday and Saturdays the group meet at

12 Grove Road Lowestoft (behind Boots & Palmers) 10am-2pm and at the United Reform Church hall on London Road North (opposite Pound stretchers) on Wednesdays & Thursdays. The drop-ins are for anyone wishing to discuss

their problems, talk to others or need signposting to other agencies. Or even just for a lovely cuppa and a bit to eat. If you would like to know more about the group, please feel free to call in where you will receive a nice warm welcome.



## Lowestoft and District Mencap Society.

01502 539 810

20a Suffolk Road, Lowestoft, Suffolk NR32 1DZ

Web [www.lowestoftmencap.org](http://www.lowestoftmencap.org)

E-mail [admin@lowestoftmencap.org](mailto:admin@lowestoftmencap.org)

We can help with a variety of things. Firstly we are here to offer help, support and friendship to those affected

by learning disabilities and their families and carers. We can liaise with you and other organisations such as

the council, care homes and others.





**Lowestoft Scouts –**  
Peter Jarvis 560629  
Tony Hawksworth 519035

**Web -** <http://www.lowestoftscouts.org.uk/>

**E-mail -** [peterjarvis@btinternet.com](mailto:peterjarvis@btinternet.com)

**E-mail -** [a-hawksworth@sky.com](mailto:a-hawksworth@sky.com)

Scouting is about being with friends, as part of a team, and participating fully in the adventures and opportunities of life. There are four groups of scouts - Beavers, Cubs, Scouts, and Explorers – and each has their own challenges, awards and activity badges. The scouts now admit girls as well as boys.

**1. Beavers - 6-8** - activities such as making things, outdoor activities, singing, playing games, going out on visits, investigating nature, learning how to be safe and most importantly, making new friends. The concept of the scouts law will be presented to Beavers

through games, storytelling and other informal devices.

**2. Cubs - 8-10½** - The usual size of a scout pack is 36 Cub scouts. Cub scouts will get a chance to try lots of different activities like swimming, music, exploring, computing and collecting. Cub Scouts also get to go on trips and days out to places like the zoo, theme parks or a farm. Sometimes they will be able to go camping with the rest of the Pack and take part in all kinds of outdoor activities.

**3. Scouts - 10½-14** - Scouts are encouraged to discover their abilities, values and personal atti-

tudes, learn the importance of keeping fit, and develop creative talents, as well as traditional Scouting skills, such as camping, survival, cooking, along with a wider spectrum of adventurous activities, from abseiling to zorbing. Many scouts now travel abroad during their time in the section.

**4. Explorers** - consists of two sections for the over-14s: **Explorer Scouts-14-18** and **the Scout Network-18-25**. Not all units of Explorer scouts meet every week, partly due to other commitments that crop up in a teenager's life.



“Our aim is to try to support individuals - 18 years upwards and there's no upper age limit! - in whatever ways we can”

### The Crossing Leap Centre

**E-mail** [thecrossing@waveneycf.org](mailto:thecrossing@waveneycf.org)

01502 584 060

**web** [www.crossingleapcentre.org.uk](http://www.crossingleapcentre.org.uk)

A few days after The Crossing Leap Centre's first Leap anniversary celebration in May, featuring old and new members, staff and volunteers, the Crossing was told it had been awarded £7,500 by the Waveney Local Strategic Partnership. “This is great news” said John Ellerby, Training Manager. “With the money from the Partnership we can replace our old computers, and get some new software. That means we can provide an even better service to the community.”

The Crossing Leap Centre is at 114 High Street, Lowestoft. Run by staff and volunteers, it's a friendly and helpful place. We run Basic IT courses, using the internet, (GO ON!), host numeracy and

literacy classes, help create CVs and do job applications. And once you have joined The Crossing you get free computer access so you can keep up with Facebook (!), work on your own projects, and try other courses. The Crossing also hosts Creative Writing, and Conversational French.

“We are an independent organisation” said John “but we work in formal and informal partnerships with other agencies and community groups. Our aim is to try to support individuals - 18 years upwards and there's no upper age limit! - in whatever ways we can, be it information, guidance, or knowledge and skills. We specialise in helping people get to grips with the

wonders of computers and the internet!”

The Crossing tries to provide a professional service, and our client evaluations rarely score less than 8 out 10!

### Historical Research

In 2012 The Crossing will be 15 years old, and to commemorate the occasion we're looking into the history of the building we occupy -113-114 High Street. If you'd like to help with the research, get in touch.

The Crossing is open Mondays to Wednesdays, 9.30 to 3.00 (closed for lunch 12.30 – 1), Thursday 9.45 – 2.45 (closed for lunch 12.15 – 12.45), and at the Kirkley Centre 9.30 – 3 on Fridays.

Gunton Tenants and Residents Association Hall  
For more information please call Ann Hubbard 01502 564601

|            |                   |   |
|------------|-------------------|---|
| Mondays    | 9.30am to 11.15am | Natter and Chatter Fundraising Morning and Credit Union collection point (organised by the Hall's fundraising team) |
|            | 1pm to 2pm        | New!! Super Senior Keep Fit Classes for the over 50s. £2.75 a session.  |
| Tuesdays   | 9am to 11am       | Gunton Community Link   |
|            | 4.30 pm to 6.30pm | Claire-Louise School of Dancing - children's beginners' ballroom and latin  |
|            | 7.30pm to 9.30pm  | Gunton Estate Tenants and Residents community meeting (approximately every six weeks).                              |
| Wednesdays | 1.30pm to 3.30pm  | Autumn Leisure Club for the over 50s  |
|            | 4.30pm to 6.30pm  | Commet School of Dancing  |
|            | 7.30pm to 9.30pm  | Ringcraft Club. Dog training for the show ring.   |
| Thursdays  | 9.30am to 11.15am | Natter and Chatter Coffee Morning with Bingo starting at 10.30am (organised by the Hall's fundraising team)         |
|            | 7.30pm to 9.30pm  | Gunton Estate Bingo & Social Club – Bingo Evening   |
| Fridays    | 1pm to 3pm        | North Lowestoft Fresh Produce & Good Food Co-op (part of the Gunton Partnership's regular Healthy Eating Friday)    |
|            | 5pm to 7pm        | Jumpin' Jax All Starz School of Dancing   |
| Saturdays  | 9.30am to 1.30pm  | Fleamarket and Tabletop Sale (usually every   |
|            | 7pm to 9pm        | The League of Ladies (to be confirmed)  |

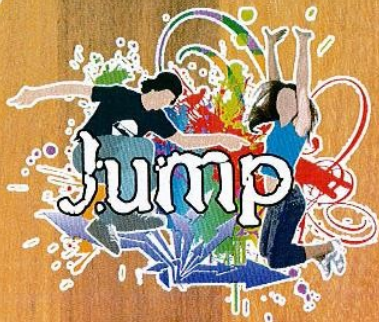
**Gunton Signpost Check out all the activities that takes place here:-**

**[www.signpostgunton.net](http://www.signpostgunton.net)**

**Contact Details:**

**Contact: Telephone 01502 537798 or e-mail [signpost.gunton@btinternet.com](mailto:signpost.gunton@btinternet.com)**

Registered Charity  
Number 1131735



First Floor, 115  
London Road North  
Lowestoft  
NR32 1LZ

Ring -  
01502 569225  
Text -  
07879497360  
E-mail -  
[rebecca@jumpuk.org](mailto:rebecca@jumpuk.org)  
[www.jumpuk.org](http://www.jumpuk.org)

**(Mondays & Thursdays 12pm to 3pm)**

**Back to work advice  
Local job vacancies  
Managing money  
College course info  
CVs and covering letters**

**Sexual health advice  
Housing & homeless info  
Trust and group exercises  
DVDs, games & pool  
Tea and biscuits**

**Whether for fun or future advice, JUMP is here to help!**

**Drop:In for  
16 - 25 year olds**





The Community Forum



SUFFOLK ACRE



Lottery money where it's needed most

Newsletter Editor:  
**Katie High**

The Fair Share Trust is an initiative of the Big Lottery Fund to ensure that deprived areas receive their 'fair share' of lottery money over a ten year period. Suffolk ACRE is the local administrator for the fund and the designated area covered by the programme includes the wards of Harbour, Normanston, Oulton Broad and St Margaret's. The Fair Share Trust programme will run until March 2013 and since 2004, 11 North Lowestoft projects have received a total of £724,000 with over 5,000 local individuals and groups engaging with the funded projects.

Projects to receive funding include: Signpost Gunton for the Dreamworx Project, Lowestoft Volunteer Bureau, The Yard for the Pride in Our Road Project and the

current Reducing Fuel Poverty Project, The Community Forum, Lowestoft & Waveney DIAL, SAVO, Extended Schools for the SHARE project and Lowestoft & Waveney YMCA for Lowestoft Youth Action.

The programme operates with a local Panel and if you would like to be involved in some of the decision-making regarding grants and the celebration of the work completed to date we are always looking for new Panel members to help with this work.

The Panel should include residents and representatives of local organisations with expertise relevant to North Lowestoft.

For example:

- National and local charities
- Community groups

- BME groups
- Faith groups
- The Police
- Statutory bodies/existing partnerships
- Housing associations
- Schools and colleges
- The Chamber of Commerce
- Representatives from local employers
- The Panel should also aim to involve Young people.

If you are interested in joining the Panel or would like further information please feel free to call the Fair-share Trust Community Development Officer Claire on 01502 558350 [c.taylor.c@waveneycf.org](mailto:c.taylor.c@waveneycf.org) or contact Suffolk ACRE on 01473 345311 or email [eliza-beth.storer@suffolkacre.org.uk](mailto:eliza-beth.storer@suffolkacre.org.uk)

### Lowestoft Arts Centre — 13 St Peters Street Triangle Marketplace, Lowestoft

An Art and Craft gallery organized and run by volunteers working to encourage creativity in the arts. Tuition and workshops in art subjects e.g. painting, ceramics, poetry, creative writing, etc

**Contact:** Carolyn Reeder - Phone: (01502) 500004

### Waveney Stardust (Cruises for the Disabled and/or Elderly) [www.waveneystardust.co.uk](http://www.waveneystardust.co.uk)

A purpose built broads motor cruiser designed to offer organisations, hospices, nursing homes and family groups where one or more members are disabled, the opportunity to use the Norfolk and Suffolk waterways.

**Contact:** Richard Straton - Email: [secretary@waveneystardust.co.uk](mailto:secretary@waveneystardust.co.uk) Phone: 07817 920502

### DIAL Lowestoft and Waveney Disablement Information and Advice Line [www.dialnet.f2s.com/dial.htm](http://www.dialnet.f2s.com/dial.htm)

Free impartial and confidential advice on all aspects of disablement (for carers friends, professionals and disabled people themselves).

**Contact:** Margaret Oldham - Email: [margaretoldham@dialnet.f2s.com](mailto:margaretoldham@dialnet.f2s.com) Phone: 01502 511333

### Sure Start Children's Centres, North Lowestoft [www.surestartnorthlowestoft.co.uk/](http://www.surestartnorthlowestoft.co.uk/)

Sure Start works with parents-to-be, parents and children to promote the physical, intellectual and social development of babies and young children so that they can flourish at home and school.

**Contact:** Samantha Ewing - Phone: 01502 574154

### Disability Football Sessions in Lowestoft

For young people aged 6 - 16. No booking required. Development with a view to integrating into mainstream sessions

**Contact:** Shaun Swan - Email: [shaun.swan@tesco.net](mailto:shaun.swan@tesco.net) Phone: 01502 581778

### Lowestoft and Oulton Broad Swimming Club

Learn-to-Swim scheme on several weekday evenings and Saturday mornings, from which swimmers can transfer into the club. Ages: generally 3 years minimum for the Learn-to-Swim scheme, 7 years for the club itself.

**Contact:** Andy Walker - Email: [andywalker99@btinternet.com](mailto:andywalker99@btinternet.com) Phone: 01502 740359