



# NORFOLK at its best

Edited by Kevin Keable



*“This wonderful compendium of examples of charities across Norfolk highlights the rich diversity of people doing amazing things in their communities. This is what makes for a good society. The work of Norfolk Community Foundation to support local charities and community groups is immensely impressive and ‘Norfolk at its best’ is a celebration of the selfless effort on behalf of others which enriches our county and helps to support many very vulnerable people.”*

Sir Norman Lamb





## Ben Garrod

What's your response when you hear that all too common phrase "normal for Norfolk"? Do you give that tight-lipped smile and let them feel witty, pretending you somehow haven't heard it a thousand times before, or are you a little indignant maybe at the blatant stereotyping and the fact they're attempting to distil us, and our complex little part of the world, in just three simple words? I used to feel both, but then it started making me smile. It makes me smile partly because it forces me to face up to how we're seen and challenge that misconception, and because it makes me want to ask back "Okay, what does 'normal for Norfolk' really mean?" What is normal for us and our little part of the rich patchwork that makes up the British Isles? How are we seen? How do we want to be seen, and how should we be seen? I think we're a fiercely independent and headstrong bunch. We work hard and often play

harder. We come from a realm of flat lands latticed with meandering waterways, set beneath huge expanses of sky, which has given us an iron-strong resolve, which to some may come across as stoicism. We are innovative folk, and world leaders in areas such as science, medicine, literature, tech, and theatre, to mention but a few. But central to all that is our sense of community.

We are rich tapestry of individuals, family, friends, colleagues, and strangers, all living side-by-side, united as much by our differences as we are by that which binds us. We're a pretty marvellous bunch but never more so than when we're pulling together and helping others around us. This wonderful book showcases some of the very best examples of charities, community groups, and trusts coming together to help. To help provide support, education, care and a voice across areas ranging from mental health support, special educational needs, homelessness, the LGBTQ+ community, hospice care, immigration, domestic abuse, and elderly care, in addition to many others. This book celebrates the stories of those groups providing essential support, through hospices, theatre work, conservation, food banks, legal support, sport activities, music, and sometimes, just having a good ol' mardle.

*Professor Ben Garrod*  
*UEA academic, broadcaster, author, and Norfolk lad*



## Aylsham Care Trust

Aylsham & District Care Trust is a registered charity, founded in 1985. We provide services to meet the needs of older people, particularly those with physical or mental health problems, as well as individuals who are lonely, socially isolated or challenged by issues common to an ageing population. We work to encourage individuals to feel empowered and to remain in control of their lives whilst living as independently as possible. Our support includes a community café, lunch, transport for social outings, a volunteer car scheme to support hospital or GP attendance, regular shopping trips, and day care services.

*Do a job you love and you'll never  
have to work a day in your life.*

# SENsational Families

SENsational Families is a charity that provides support services and training for families with special educational needs and/or disabilities (SEND) in Norfolk. SENsational Families advocates on behalf of parents with SEND children and young people in Norfolk. Striving for positive changes, inclusion and fairness. Our vision is to support as many families as possible in Norfolk who have a child with special educational needs or disabilities.

*All day spent with you is my  
favourite day. So today is my new  
favourite day.*

Winnie the Pooh

Photo credit: David Kirkham





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## Pandora Project

Pandora Project offers advice, support and information to women and children affected by domestic abuse, current or historic. We offer a confidential and non-judgemental support service, helping women to regain control of their lives.

We believe in a change of focus from victim blaming to holding perpetrators of abuse to account. Everyone should have the right to a life free from abuse.

*Promise me you'll remember:  
You are braver than you believe,  
stronger than you seem and  
smarter than you think.*



## Hebron Trust

Hebron Trust is a residential rehabilitation centre for women only. We have been operating in Norwich for 34 years and have in that time welcomed 1000's women through our doors for up to six months each to begin their lives to become sober and clean. Hebron Trust is a caring and supportive therapeutic community using the 12 steps as its core method of treatment. We have a large family of Hebron graduates and it is a joy to see and hear them having new lives in recovery. Hebron staff are very special and go that extra mile for each and every woman. Anyone who walks through our doors can feel the very special atmosphere and peace in our house. As our photograph shows we enjoy all sitting together for lunch as a community.



Photo courtesy of Teele Photography

*Be strong enough to stand alone, smart  
enough to know when you need help  
and brave enough to ask for it.*

Ziad K. Abdelnour



## North Norfolk Community Transport

We are a registered charity and can support anyone in North Norfolk who is without their own transport and unable to use public transport, either because of ill health, disability or because there is no service meeting their needs. In North Norfolk there are some areas with no public transport service at all. Our vision is 'bringing our communities together' and we do this through accessible transport services. Our services are available to people of any age, but around 29% of the population of North Norfolk is over 65, compared with the Norfolk average of 21.8% and 17% nationally, so many older people rely on our services and would be unable to access their local community and services without it.

*Shared joy is double joy, shared  
sorrow is halved sorrow.*

## Nelson's Journey

Nelson's Journey is a Norfolk charity who provide specialist bereavement support to children and young people (aged 0-17 inclusive), living in the county, who have experienced the death of a significant person in their life. The charity ensures that bereaved young people are better able to experience more positive life outcomes through a range of services including: 1:1 work, therapeutic weekends, activity days, groups for bereaved children to meet each others, telephone support line, family events and bereavement programmes, along with guidance and training for professionals working with bereaved children across the county.

*I am learning to be happy again  
and enjoy my life but I am still  
keeping my dad as close as I can as  
a wonderful memory.*

Danny Bailey



Photo of Danny Bailey and his mum, Nicky Bailey



## Scotty's Little Soldiers

Scotty's Little Soldiers is a charity dedicated to supporting children and young people (0 to 25 years) who have experienced the death of a parent who served in the British Armed Forces. Army widow Nikki Scott, set up the charity in 2010 after her husband, Corporal Lee Scott, was killed in action in Afghanistan in 2009, leaving behind two young children – Kai was 5 and Brooke was just 7 months. The charity is currently providing assistance to hundreds of bereaved Forces children and young people around the UK and services offered include guidance to parents and carers, access to professional child bereavement support, personal education and learning assistance (including grants) and fun activities such as holiday respite breaks and group events. These are all designed to remind the children and young people supported by Scotty's that they are not alone.

*For children and young people  
who have experienced the death of  
parent who served in the British  
Armed Forces, Remembrance is  
every day.*

## Walking With The Wounded

Walking With The Wounded (‘WWTW’) was founded in Norfolk in 2010. The Charity now has a national team with hubs in Manchester, Newcastle, London and Stoddy, Norfolk. WWTW delivers life-changing employment, mental health and care coordination programmes for ex-servicemen and women and their families who are in need – empowering them to regain their independence, thrive and contribute once more. The charity develops innovative initiatives in partnership with the NHS to target veterans who are physically, mentally, or socially disadvantaged and deliver significant social impact. The focus is often on early intervention to help break the downward spiral which creates a disproportionately high number of ex-military within homeless, police custody, unemployment and mental health statistics.

*‘I just can’t thank WWTW enough – you’ve changed my life and my family’s life. My role as a partner and father is now far better than I could have ever imagined’. WWTW Beneficiary, Shaun.*

*Believe you can and you're  
halfway there.*

Theodore Roosevelt

