



A number of Care Providers have enquired as to whether there is any information on the new GDPR – we have made enquiries and are pleased to forward you the information below offered by Ashtons Legal.

GDPR Seminar – The Clock is Ticking
What your Care Home needs to do now to comply

1st March – Ipswich, Trinity Park, Suffolk Showground
6th March – Norwich, Norwich City Football Club

Both seminars run from 5-7:00pm and are free to attend.

What is GDPR?

The General Data Protection Regulation (GDPR) comes into effect in May 2018. This new law gives individuals new rights and substantially increases the penalties for non-compliance. The GDPR applies to any organisation which processes data about individuals whether personnel, customers, prospects, website users or others.

Why should I attend?

James Tarling is a Partner at Ashtons Legal. He is an experienced lawyer who has specialised in helping businesses develop compliant data management systems and processes, as well as helping organisations manage data breaches.

In this practical session James will be cutting through the myths and misinformation about GDPR and will concentrate on the key issues that you need to know and what you need to do. The GDPR is an important change to existing data protection law requiring action from businesses and organisations. However, the good news is that James will guide you through the steps that you need to take now to ensure that your business complies when the GDPR comes into effect this May.

Who should attend?

Care home owners, managers and those responsible for IT, HR and any data custodians within their business, whether large or small.

Booking

To book please contact me at toby.whittacker-cook@ashtonslegal.co.uk or on **01603 703094**. You can also book online at our website www.ashtonslegal.co.uk/events. If you cannot make the seminar yourself, please feel free to pass this invitation onto a colleague. These seminars are free to attend and plenty of tea, coffee and cake will be supplied.

With kindest regards

Toby Whittacker-Cook
Events Manager

Norfolk County Council is excited to host a free Work and Health Event at The King's Centre in Norwich on 2 February 2018 from 9.15am to 4pm and we have the pleasure of inviting you.

This **free** event is for businesses that would like to improve the health of their workforce. Stress, depression and anxiety, as well as some physical conditions such as back, shoulder and knee pain are amongst the biggest causes of absence from work.



Improving the health of your workplace will not only reduce the number of working days lost, it will also create a happier workforce with higher morale and better mental health. This can lead to increased productivity and better staff retention rates.

Featuring prominent speakers, including the Chairman of the **New Anglia Local Enterprise Partnership**, as well as workshops, you will have the chance to:

- **Learn how to deal with workplace health issues**
- **Explore different forms of workplace health provision**
- **Understand how to increase your disability confidence**
- **Find out the tools available to help assess your company's health needs**
- **Learn how to address skill shortages in your workplace**
- **Find out about untapped labour markets to help survive labour shortages**
- **Network with other businesses**

Our new workplace health provider, [Thriving Workplaces](#), will also talk about their innovative free service that aims to support businesses to improve their workplace health.

Their range of services includes: Strategic workplace health analysis, digital diagnostic tools, workplace health champion training and support, policy development, mental health first aid training. They can also facilitate access to NHS Health Checks for employees.



Book at www.norfolk.gov.uk/workandhealthevent where you will find more details including an outline agenda for the day.

If you have any questions about the event please email michele.taylor@norfolk.gov.uk

If this invitation did not reach the correct person, please forward to the appropriate person in

your organisation.

Infographic sources: British Heart Foundation, The Work Foundation

This event is brought to you by Norfolk County Council's Public Health department in collaboration with the Employment and Skills team

We look forward to welcoming you to the event in February



Norfolk Safeguarding Adults Board

Norfolk SAB website: **NEW** news items posted

Please cascade to your colleagues, contacts and networks as appropriate, thank you.

- *Sheltered from Harm: BBC Radio 4's File on 4*
- *PREVENT partner newsletter*
- *Conference: 'Can you hear me?' The voice of the service user (Wednesday 21 March 2018, Ipswich)*
- *Western adult help hub: 'We've got a bigger room!'*
- *NHS 5th National Safeguarding Conference: 17th April 2018*
- *Suicide Prevention Training*

Please go to:

[Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

You can follow NSAB on Twitter – @NorfolkSAB

Admiral Nurses – Support for people with dementia

<https://www.dementiauk.org/norfolk-1/>

Information regarding the Admiral Nurses who provide support for people with dementia and their carers/family. They provide lots of support and practical advice and information, including a helpline.

They cover the following GP surgeries.

- Bacon Road Medical Centre

- Oak Street Medical Practice
- Roundwell Medical Centre
- Trinity & Bowthorpe Medical Practice
- Wensum Valley Medical Practice
- Castle Partnership (Mile End)
- Lakenham Surgery
- Norwich Practices (Walk in Centre)
- St Stephensgate Medical Practice
- Newmarket Road Surgery
- West Pottergate Medical Practice
- Coastal Practice (Old Palace)
- Hellesdon Medical Practice
- Lawson Road Surgery
- Magdalen Medical Practice
- Prospect Medical Practice
- Taverham Partnership
- Woodcock Road Surgery
- East Norwich Med Centre
- Lionwood Medical Practice
- Old Catton Medical Practice
- Thorpewood Medical Group

Dementia Befriending Service

“Get support to continue doing the things you love, make new friends and try new things. Would you like a bit of support with your day to day activities? Or, to make new friendships with people who have similar interests and understand your dementia?”

Our Befriending service will connect you with a trained volunteer so you can do more of the things you enjoy out and about, or at home. Together, you could do anything from play a round of golf to listen to music, or simply have a cup of tea and chat.

99% of people who use an Alzheimer’s Society Befriending service feel that staff and volunteers understand their needs.”

https://www.alzheimers.org.uk/info/20172/your_support_services/1084/befriending_%E2%80%93_for_people_with_dementia

Sent on behalf of The National Dignity Council

The National Dignity Council lead a Dignity campaign, where over 96,000 champions have pledged to promote dignity. The 1st of February is Dignity Action Day, the theme is Have You Got Time for Digni-tea, and although every day should be dignity action day, this is the day that gives everyone the opportunity to come together to promote the campaign. Dignity is a human right and we encourage everyone to make this a truly memorable day.

Supporting Dignity Action Day will:

- Give health and care services an opportunity to share how they promote and uphold people's right to dignity
- Raise awareness of the importance of Dignity in Health/Care
- Provide someone with an extra special day
- Demonstrate that everybody in the community has a role to play in upholding Dignity in Care
- Remind the public that staff have a right to be treated with dignity and respect too
- Provide a great community networking opportunity.

Dignity champions have dignity in their hearts minds and actions – do you? could you become a champion? - - sign up now www.dignityincare.org.uk . Will you be the 100,000th champion to sign up?

Jan Burns MBE

Chair
National Dignity Council

Events



Mind The Gap is an inclusive music group in Norwich. A friendly, safe, non judgemental environment to socialise with fellow musicians, play music, form bands, improve skills on guitar, bass, drums, songwriting, vocals and performance. Mind The Gap supports new ideas and positively encourages creativity through music.

EVERY WEDNESDAY 1 - 4PM

PLUG STUDIOS, KINGSWAY, NORWICH, NR2 4UE



Info: www.mindthegapmusic.org.uk or call Sue 07811155733



Hey, you!
Yes, you!
Fancy a Cuppa?

time to change
time to talk
day 2018

let's end mental health discrimination



Join the conversation about Mental Health on
#TimeToTalkDay while enjoying a cuppa with us.

We'll have board games, colouring sheets and crafty bits
for you to spend some quality time
in a warm and welcoming environment.

Feel free to bring your favourite book
or your knitting/colouring equipment.

Thursday 1st February 2018
10.30-12 am & 3-4.30 pm
Express Area
Norfolk and Norwich Millennium Library

 **Norfolk**
County Council

In collaboration with  mind | Norwich



AUTISM ANGLIA'S INFORMATION SHARING DAY 2018

A DAY OF DISCOVERY, SHARING & CELEBRATION

THURSDAY 8TH MARCH 2018

9.15AM - 4.15PM

THEATRE ROYAL, NORWICH, NR2 1RL

An Information Day providing opportunities to discover, share and celebrate Autism.

The focus of this event will be 'Autism and Females' with a host of other sessions relating to autism as well as an array of information stands. It will also be an opportunity to meet, hear and learn from people with Autism.

[CLICK HERE TO BOOK TICKETS](#)

To book and for more information please visit: www.autism-anglia.org.uk/sharing2018
Or call us on: 01206 577678 or email conferences@autism-anglia.org.uk

We offer a wide range of CPD-Accredited training throughout East Anglia.

Wellbeing Week

FEBRUARY 12-16

MILLENNIUM LIBRARY, THE FORUM
NORWICH, NR2 1AW

WELLBEING STALL

13/02/2018 10:00-12:30 ground floor

This will be an **information stall** where you can come to pick up leaflets with Wellbeing information, speak to a member of staff from the Wellbeing Service and learn more about the service.

JOURNAL FOR WELLBEING

13/02/2018 13:00-15:00 2nd floor

Journaling is a great tool to express yourself, stay on top of your **commitments, plan self-care** and gain more insight into your wellbeing and mental health.

Bring your own notebook to this workshop.
Spaces limited, booking essential

INTRODUCTION TO WELLBEING

16/02/2018 14:00-14:45 2nd floor

A presentation on some basic mental health coping strategies and information about the Wellbeing Service and how it can help you.

Spaces limited, booking essential

To book, call: 01603774703
or email: millennium.lib@norfolk.gov.uk

