



Norfolk Safeguarding Adults Board

Back by popular request

Luke & Ryan Hart return to Norfolk in the new year

Luke and Ryan visited us in April and May 2019 and told their story of growing up in a family in which their father bullied them as children and harassed and oppressed the rest of the family on a daily basis. This bullying and control ended when their father fatally shot Luke and Ryan's mother and sister in a leisure centre car park in Lincolnshire, before killing himself.

We are very pleased to announce two further dates for a **Seminar on Domestic Abuse and Coercive Control:**

- Thursday 9th January
- Thursday 16 January

Early booking is *strongly* advised as previous seminars were oversubscribed. Don't delay book your place today.

<https://www.norfolksafeguardingadultsboard.info/professionals/news/back-by-popular-request-luke-and-ryan-hart/>

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

Events

Senior Friendship Group



Come along and make new friends, have a cup of tea and enjoy new activities each month. We welcome all including those with memory loss or other health conditions. There is no charge for attending.



The group is organised and facilitated by Mark Johnston

Date	Activity
12 th June	Come and meet us. Looking at reminiscence kits and quiz
10 th July	Board and card games
14 th August	Holiday photo's and making holiday collage
11 th September	Musical based games and activities
9 th October	Pets and animals theme
13 th November	Visit from local school children
11 th December	Making Christmas cards and Christmas carols

Second Wednesday of each month from 10:30am to 12:00 noon at Hellesdon Library.

Please contact Home Instead Senior Care on 01603 482116 for more information.



Norfolk County Council

Come Singing groups

Singing sessions open to the public, which might be suitable for service users, are currently held at locations across Norwich. All sessions are free for people living with dementia and their carers.

Tuesdays

2nd Tuesday of the month 10.45-11.45
The Norfolk and Norwich Millennium Library
The Forum
Norwich

Fridays

1st Friday of the month, 10.30am - 11.15am
Ipswich Road United Reformed Church
Ipswich Road
Norwich
NR4 6QR

2nd Friday of the month - 10.45 – 11.30
Gray's Fair Court
266 Dereham Road
Norwich
NR6 0SN

4th Friday of the month - 11.00 -12.30
Costessey Community Centre
Longwater Lane
Norwich
NR8 5AH

Please contact Come Singing on 01603 452404 or info@comesinging.org.uk to check times and availability.

Also, if you are interested in starting up a singing group in your area please contact Come Singing.

For more information visit their website: <http://www.comesinging.org.uk/> “