

Sent on behalf of the Norfolk Community Advice Network (NCAN):

Social Prescribing Conference on 3rd July:

This conference will be on Monday, 3 July 2017 from 09:00 to 14:00 at the Council Chamber, Norwich City Council, St Peters St, Norwich.

This conference aims to bring together public and voluntary sector organisations in Norfolk that are interested in social prescribing. This will be an opportunity to explore approaches to social prescribing and learn from the existing and recent social prescribing projects in Norfolk. Dame Professor Hazel Genn and Sarah Beardon from University College London will be joining the conference to discuss their Stratford project and research activity.

Please register for this event at: <https://www.eventbrite.co.uk/e/norfolk-and-waveney-social-prescribing-conference-tickets-35378931336>

Sent on behalf of NHS Norfolk and Suffolk Foundation Trust

Practical information drop in for those supporting people with mental ill health

Are you supporting someone?

Are you struggling to support someone with mental ill health?

Are you struggling to balance your needs with those of who you look after?

Then attend our drop In on the 1st Monday of every month- 2 till 4 pm

We will give you information on

Carers Assessments

How access community support

Self-care and well being

Support with benefits, housing, debt and advocacy

Information about equipment, assistive technology, minor adaptations and referrals.

Or just drop in for a caring conversation.

**Great Yarmouth Acute Services Centre
Northgate Hospital
Great Yarmouth
NR30 1BU**