

Norfolk Disability Information Service

No. 1

October 2011

Welcome. With the rise of the internet and the cost of printing of the newsletter I have decided to alter how the NDIS service is delivered. But fear not - I'm still here one to one for information and advice on the phone 01603 729802 or email ndis@norfolk.gov.uk and remember the Service OPENING TIMES are

Monday, 9 am to 4 pm

Wednesday, 9 am to 4 pm

Thursday, 9 am to 4 pm

Friday, 9 am to 4 pm

The newsletter will be shorter - but more information is available on our website shortly. Please give it a look on <http://www.thevauxhallcentre.com/tiki-index.php> and head to section called Norfolk Disability Information Service

I plan to include even more information on the website for the use of you or your groups, including a What's on calendar and place to advertise your goods in a classified section.

At the Vauxhall Centre this month

Vauxhall Centre events:

Tuesday 25th October Carers Café Gardening Session 1.00-3pm

Friday 28th October Citizens Advice Bureau Session via appointment only Tel 01603 660857 to book

Norfolk Disability Information Service, Vauxhall St, Johnson Place, Norwich NR2 2SA
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Stonham Housing Information sessions held every Tuesday afternoon

Disability Rights Norfolk via appointment only Tel 01508 491570

What's been happening in Personal Budgets?

Would you like to know more about personal budgets and how they could work for you?

Independent living Norfolk will be at the Vauxhall Centre on Friday 18th November from 10-12noon

Presentation followed by individual enquiries. Please let Sue or Keith know if you will be attending

Independent Courses at the Vauxhall Centre in October

Vauxhall Centre activities:

Monday 10-12 noon Disnet VC Web Course Leader: Mike Hough

Thursday 9.45am - 10.45pm Keep moving! - for those with mobility issues and complex needs.

Fitness and Fun - for those with mobility issues or learning difficulties 11.00-12 noon. New course starts 10th November with Sally Harrison to book your place ring 01603 432487

Thursday ALL DAY (12 noon - 1pm Lunch) Sewing with Sue Course Leader: Sue Stothard

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If interested in these courses and for details of costs etc. speak to the individual Course Tutors or myself, Keith on the telephone number below.

University of the 3rd Age events:

Wednesday 1.00 -3pm U3A have a Spanish Course. These courses are for people no longer in full time providing educational, creative and leisure opportunities in a friendly environment. Information available at www.u3anorwich.org

What's Happening in the rest of Norfolk?

The future of informal adult learning Have your say

The government is planning the future the informal Adult and Community learning and want to hear your views on:

- The kind of learning you would like to do
- How you would like to see it organised
- Payment for Informal Learning
- How you want to be involved in planning learning

The consultation is online and is open until 31st October 2011

To get involved go to: Why are your views important?

Your response will help to influence how public money for informal learning is spent and what learning opportunities are available for you and others in your community or workplace

Take the opportunity to have your say!

<http://www.niace.org.uk/current-work/the-iacl-review>

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Are you an unpaid carer for someone who lives at home, in a care home or hospital?

Then drop in to café care at Downham Market Library

First Monday of every month between 2pm and 4pm

What on the menu?

Free refreshments - information and advice and craft demonstrations along with assistance using the computers + relaxation treatment

WEETU- Change of Address & Telephone Number

Our new offices will provide us with a city centre training venue, perfectly positioned for transport links as well as disabled access for our offices and meeting rooms.

WEETU's new business support, training and finance programme launches this month, see our website for more information.

New contact details as follow:

WEETU -The Royal Business Centre

25 Bank Plain

Norwich

NR2 4SF

Telephone No. 01603 283490 Fax No. 01603 283642

Email. admin@weetu.org Website: www.weetu.org

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