

Yours sincerely...

**HELP HUB**  
Making your next step easier

## Keep in touch

'Yours sincerely' is a free monthly newsletter run by our Help Hub to reach out to people who may be feeling isolated or lonely.

Each month we send residents a friendly letter, full of useful information that will support their health and wellbeing and include recipe ideas, quizzes and other activities that will help to promote a positive outlook. Receiving a friendly chatty letter can help people feel more connected and provide a regular reminder to take better care of themselves with topics such as mindfulness and top tips to help them sleep better.

Our Member Champion for Older People Cllr Sue Prutton said: "Receiving a letter is really positive for your mental health and our letters aim to give our readers support, really useful advice and a little bit of company too. So, if you'd like a change from the circulars and bills, let us know, and your letter could be arriving on your doormat soon."

If you would you like to receive a monthly letter, or know of someone who may enjoy receiving a letter in the post, then please contact [communities@southnorfolkandbroadland.gov.uk](mailto:communities@southnorfolkandbroadland.gov.uk) or call 01603 430591.

## Make a difference



**Broadland Older People's Partnership (BOPP) aims to challenge, give advice to and comment on the development of services used by older people and to consult and liaise with statutory agencies and organisations supporting older people.**

It's open to Broadland residents aged 55 or over and new members are always welcome. If you are interested in the welfare of older people, whether a relative, friend or neighbour then this is a good opportunity to make a difference.

Everyone on the BOPP mailing list receives regular newsletters and those with an email address will receive frequent information of interest to older Broadland residents.

There are three Open Public Meetings a year in April, July and October, which are held at various venues across Broadland. Speakers are invited on a wide range of subjects and refreshments and a light lunch are provided free of charge. The next meeting 'To bin or not to bin?' will be held on Friday 15 July at Gage Road Chapel, Sprowston.

**For more information and regular updates, please contact: Secretary Hillary Sutton 07597584488, [bopp0263@gmail.com](mailto:bopp0263@gmail.com) or Chairman Brian Wells 07543882928 [wellsbrian3@sky.com](mailto:wellsbrian3@sky.com)**

## Calling all older people



**If you are an older person living in Broadland, we would like to hear about how you use digital technology, to help us decide the best way to deliver our services.**

Have you had trouble accessing services that have moved online? Would you like to better understand how to use a digital device such as a tablet or laptop, or are you an expert than can pass on your knowledge?

**If so, please give us a call on 01603 430611 and answer a few easy questions that we have put together with Broadland Older People's Partnership. Your help could make a real difference to how we deliver services in the future.**



## On-hand to help with household jobs

**If you have a job that needs doing and are struggling to find someone to help, look no further than our Handyperson Service.**

Residents 65 and over or those at higher risk can benefit from this service to help with small repairs and changes that make homes safer and secure.

Our team is fully trained and insured and can help with jobs such as fitting key safes, locks, and security fixings, minor plumbing, putting up or replacing smoke alarms, fitting grabrails and putting up shelving.

Customer Mrs D from Sprowston said: "I am 84 years old. I lost my husband over a year ago and find it difficult to find the right people for jobs in the house. Heath, the handyman who visited me, is so kind and knows his job. On top of this he also advised me on safety matters. He fixed a loose wire which I had almost fallen over twice, then asked if there was

anything else that bothered me, before fixing a window I could not close." Our team are also able to talk to you through other home help options and give you advice on different services.

Customer Mrs N from Acle said: "When Heath the handyman came to do some work for me he could see I had trouble walking, he gave me a leaflet to apply

for attendance allowance which I now receive because of my disability. This money enables me to have things done to help me in the home. I was not aware of this allowance until Heath told me about it, I am sincerely grateful."

There is an hourly charge for the handyperson service, however you may not have to pay if you receive certain benefits.



**If you would like to find out more about the Handyperson service, please visit: [www.southnorfolkandbroadland.gov.uk/broadland-handyperson](http://www.southnorfolkandbroadland.gov.uk/broadland-handyperson)**