

# LIKE MINDS

## NORFOLK

EXPLORING NORFOLK'S AMAZING  
LANDSCAPE, HISTORY AND CULTURE  
FOR MENTAL HEALTH AND WELLBEING.

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If you live with mental health challenges in North Norfolk, Broadland and Norwich, join this friendly group to get out and about at our monthly events.

# EXPLORE



*Like Minds Norfolk is a new partnership project between the Restoration Trust and Norfolk Library Service. It is funded by Arts Council England, Geoffrey Watling Charity, Charles Hill Littlewood Trust and the Falcon Trust.*

# What will I be doing?

YOU WILL JOIN A WELCOMING GROUP WHO MEET MONTHLY, USUALLY ON THE FIRST FRIDAY OF THE MONTH.

- Meetings will begin at 10.30am and end at 2.00pm. Like Minds Norfolk runs from March 2020 until February 2022.
- We alternate between visiting a Norfolk attraction and doing something creative at a local library. Star attractions include Blickling Hall, the Norfolk and Norwich Festival and Norwich Theatre Royal. Visits are free.
- You will meet naturalists, curators and historians, share reading and music, and be creative with artists, writers, musicians and theatre professionals.
- As a member, you will be part of deciding what Like Minds Norfolk will do in 2021.
- You will curate an exhibition about your experiences that will tour local libraries in Spring 2022.



# What are the details?

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## **How do I join?**

You can contact us directly, or ask your local library. Community Connectors and Mental Health and Wellbeing services can refer you.

## **How will I be supported?**

Dave Pullin is our Coordinator. Dave is a mental health professional and musician. Your support worker or carer can come with you.

## **Where will we meet?**

See the timetable for our full visits programme. Libraries include Wroxham, Sheringham and Norwich Millennium Library.

## **How will I get to meetings?**

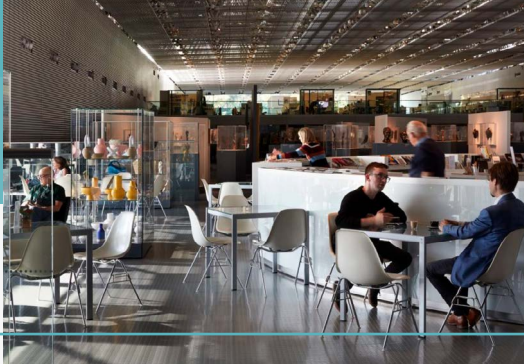
We will arrange transport with you. This will be by public transport, taxi, or using your own car. Transport is free, tickets and mileage are reimbursed.

## **What is the evaluation?**

We ask people to tell us about their wellbeing and for feedback on the meetings, so we can see if the project works for wellbeing. If you don't take part in the evaluation you can still be a member.

## **How much does it cost?**

It costs £7.50 to attend each meeting except Gatherings, which are free.



### **How do I pay?**

You can pay monthly by Direct Debit, or by cash on the day. You don't have to pay if you don't come to a meeting.

### **What if I drop out?**

You can leave at any time, and drop back in again if you want to.

### **What happens if I don't feel well?**

During a meeting let us know if you need support. If you are worried about your mental health please speak to a support worker.

### **How can I be sure that my confidentiality is respected?**

We operate under the partners' data protection and confidentiality policies and practices. You will be asked for consent for photography, filming, social media and evaluation. If you do not give your consent, you can still be part of Like Minds Norfolk.

### **What if I have a complaint?**

Please get in touch with Laura Drysdale, the Director of the Restoration Trust, who will try and resolve the issue with you.



# Timetable 2020

12 MARCH

**Wroxham Library** Gathering (free)

*Please note this is a Thursday.*

4 APRIL

**Blickling Estate** National Trust

1 MAY

**Sheringham Library** Artist Ian Brownlie

5 JUNE

**St Benets Abbey** Norfolk Archaeological Trust

3 JULY

**Wroxham Library** Writer Claire Sharland

7 AUGUST

**Cromer Shoal Chalk Beds** Marine Conservation Zone

4 SEPTEMBER

**Sheringham Library** Artist Ian Brownlie

2 OCTOBER

**Norwich Millennium Library** Shared Reading

6 NOVEMBER

**Groundwork Gallery** Environment and Art

4 DECEMBER

**Wroxham Library** Gathering (free).

*2021/22 meeting dates continue on the same pattern. Visits will be arranged by discussion with members. Options include Norwich Cathedral, Norwich Arts Centre, Norfolk and Norwich Festival, Theatre Royal, Sainsbury Centre for Visual Arts and Cley Marshes.*

# How can I find out more? \_\_\_\_\_

## Contact:

Laura Drysdale  
07740 844883  
laura@restorationtrust.org.uk

Dave Pullin  
07715 710354  
dave@restorationtrust.org.uk

## Find out more

[www.restorationtrust.org.uk](http://www.restorationtrust.org.uk)

 @RestoTrust  The Restoration Trust

[www.norfolk.gov.uk/libraries-local-history-and-archives/libraries](http://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries)

 @NorfolkLibs  NorfolkLibrariesUK



**Laura Drysdale**  
Director of the  
Restoration Trust  
and Like Minds  
Norfolk Project  
Manager



**Dave Pullin**  
Mental Health  
Professional,  
Musician and Like  
Minds Norfolk  
Coordinator



Supported using public funding by  
**ARTS COUNCIL  
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