

## LGA Call for evidence 2014

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**From:** Mary <granvillewhite@btinternet.com>  
**Sent:** 05 November 2014 13:22  
**To:** LGA Call for evidence 2014; normanlamb; Champion Rebecca (NHS NORTH NORFOLK CCG); Cooper Rebecca; Jones Michael  
**Subject:** Think Carer  
**Attachments:** THINK CARER LEAFLET.pub; THINK CARER CONSTITUTION.doc; ppg article.docx

Hi folks

Thought you might be interested in our self help, carer led movement to engage our community and reach out to hidden carers living in North Norfolk. Carer Groups are small and North Norfolk has the challenge of having a high elderly population living in our beautiful but rural area. We are at the very beginning but so far have agreed to work together, had a visit to the Pantomime last year and are working with our Patient Participation Group, Carers Council, District Council, Older Peoples Forum. Lasa are coming on 4th December to give an IT session and Crazy Kidz Club in our village of Roughton with North Norfolk Older Peoples Forum are providing a Christmas Lunch on 29th December. Our local GP Cromer Practice have agreed to publish an article and display information. (Copy Attached) David and I have donated £165 from our recent wedding to kick start funding. I have attached draft constitution and Leaflet (unfinished). So not a bad start but any ideas/support welcomed.

Do please contact me if further info needed.

Take Care

Mary

Mary Russell