



Summer

of

Sharing!

From the UK's first Sharing City
comes our guide to having a...

How will this pack help you share?

We've come together to make this pack to help in loads of ways...

You'll find examples of great sharing projects already taking place in your city. Each has details on how to get involved with that project and the people who run it so you could share your time and skills helping them out.

If that project isn't in your neighbourhood but you feel inspired to create your own version, then we've got what you need! Each page will give you links to how-to guides, loanable equipment, spaces to use and support that can help you replicate it yourself. We've tried to make it easy for everyone to give sharing a go however they fancy doing it.

If you want to share in a way that we've not listed, you'll find links to other projects and people which can support you to explore your own sharing journey too. This includes start-up funding and how to decide where to start.



How can we share our sharing?

**Tag us for reposts
and love!**

@SharingCityUK

@LUMiNorwich

@Norwich_Notes

We'd love to hear how you get on so your #summerofsharing stories with us and the world on social media!

Use these hashtags so we can find and like your posts!

#NorwichShares

#NorwichSharingCity

#GetInvolvedNorwich

#SummerofSharing



So what do we mean by sharing?

Sharing covers so many brilliant things.

You can share your time, your skills, your stuff and your space with others to help great things happen. Broadly speaking sharing means to:

- share a portion of something with others
- use things jointly with others
- occupy a place together
- have a common approach or view with others
- collaborate on big projects
- tell people about things they might not know

We believe that sharing creates communities and helps us come together to make the best of what we have between us.

And if we're all putting a little into the collective pot, we all get more out of it.



What does it mean to be a Sharing City?

A Sharing City is a city with lots of organisations across the ‘sharing-spectrum’ and is keen to encourage more.

Other Sharing Cities include...

New York

Amsterdam

Madrid

Seoul

Toronto

The ‘sharing-spectrum’ ranges from socially-minded businesses like Liftshare who get people sharing peer-to-peer, collaborative projects where organisations sharing aims come together to tackle big challenges, right through to grassroots initiatives where neighbours share their time to make their community look better and feel more connected.

Norwich already has a strong spectrum of sharing organisations and so when local residents suggested the city should become an official Sharing City, it seemed like a rather sensible suggestion! So that’s what we did.

When Norwich became a Sharing City, we joined the ranks of other cities across the globe who put the ethos of sharing at the heart of what they do.

Did you know sharing is good for you?

The Five Ways to Wellbeing are five simple things you can do to improve your own wellbeing and feel happier. Each of these five ways are present in acts of sharing which is why sharing can be brilliant for you as well as for the wider community.

Sharing creates opportunity to connect with other people and build connections between groups of people which make us feel part of something. Shared activities can get you active and give you time to take notice of things in your community which actually make us feel better.

We thrive as people when we keep learning new things; with sharing you can borrow things to learn yourself or share your own skills to train others.

Most importantly – GIVE. It's easy to think of sharing as borrowing what you need but giving can make us feel great too. What's more you're an asset to share too and others will benefit from borrowing your skills, experience and help!



Where are the resources to help us share?

What is LUMi? Essentially a tool to help groups connect, share & get involved in your community.

SPACE Need a space for your idea, LUMi can help to discover amazing options

STUFF Don't have the cash for kit? Borrow it for free from our Stuff pages

SKILLS Borrow or offer skills and abilities to help your project and others

ACTIVITIES Want to join in with another groups' fun? Find it on LUMi

ORGANISATIONS List your group to help others connect with you

RESOURCES How-to guides, templates, ideas and useful links.



www.lumi.org.uk

Prepare to get inspired

The next pages will show you some of the best sharing projects that Norwich has to offer.

We encourage you to either get involved with the ones that excite you, or if they aren't local to you, we've collected all the info you need to start your own projects instead!



Sharing Clothes

New-U's cashless clothes shop @thenorwichswap1

Clothing swaps are one great alternative to traditional shopping, an effective way to de-clutter your closet, save money, and get a whole new-to-you wardrobe, while minimizing waste and pollution.

New-U is Norwich's unique clothing swap shop based in the Castle Mall. They combine supporting young people with practical retail experience with a boutique style, cash-less clothing shopping experience.

New-U provides a great way for everyone to sustainably update their wardrobe. In addition they run an unconditional smart clothes loan scheme for young people aged 18-30, aimed at those needing smart clothes for any occasion and who could not otherwise afford them.

They also run one off Style & Swap events and workshops which are a perfect way to try clothes swapping if you can't get to their shop.



Want to do one?

A local clothes swap is so easy to replicate.

We've put a great guide on LUMi to walk you through it.

Do connect to New-U as they can often provide clothing to get you started.



Sharing Soup

Fine City SOUP hosting unique fundraisers @soupfine

An international idea from Detroit, the SOUP Movement model is the sociable way to raise money for community projects with a live community crowdfunding within an event featuring soup and socialising.

Fine City SOUP runs regular SOUP events in Norwich. The events are open to anyone. On arrival you give a small donation, then everyone enjoys a freshly-made bowl of soup and listens to people pitch their community project. Once every project has pitched diners vote for the project they like best. The winner takes all the money collected on the door. No forms, no bank account, no worries!

It's a social event where like-minded people of all ages gather and creative people doing great things get their ideas heard. These events encourage positive action and change, getting a whole lot of good new things happening in the community.

Whether you're running one, pitching your idea or just slurping soup, it's awesome!

Want to do one?

Hosting your own can be a simple undertaking. There are no strict rules and it can be as small or big as you like. We've linked to the Detroit SOUP guides on LUMi which will walk you through doing your own.

Sharing with your Neighbours

This inspiring street knows how to connect...

West Parade Residents Association are trendsetters in Norwich. They've created their very own West Parade Good Neighbour Scheme.

What is one, we hear you cry? It's very simply a directory of what people on your road are happy to share with their neighbours. Couldn't be easier.

The West Parade Directory has been active since 2015 and is now in its second iteration. It lists neighbours who are willing to share equipment, skills, support, and help in a crisis. It's a great way to support each other, welcome newcomers and help make the area a caring community to live in. And the beauty is that any street can do it. This amazing street can give you advice on how!

Now, unlike the other shares in this campaign, sadly you can't join their directory (not unless you live there) but there's nothing to stop you from starting your own in the street or neighbourhood where you live.



Want one?

This really is as simple as they come. Combine neighbours with a way to write stuff down to get a directory! However if you want to make it more exciting with a launch event or to create a residents group then get in touch for help and even grants.

FIND OUT MORE community@norwich.gov.uk www.norwich.gov.uk/getinvolved



Sharing Green Spaces

Friends of Jubilee Park make the most of a local space

We're so lucky in Norwich to have wonderful parks and woodland to enjoy, but we're even luckier to have incredible groups of residents who take care of them.

The Friends of Jubilee Park have been sharing their time and expertise over the past couple of years to improve their local park by planting bulbs, organising events and even providing sports coaches for local young people.

Through their work Jubilee Park in Lakenham has become a more vibrant park, with more things to do and generally created a better space to enjoy. Residents are taking more pride in the area and neighbours are finding it a great place to get together with their families to enjoy the great outdoors.

There are a multitude of Friends groups in the city who make their spaces better for us all including: Mousehold Heath, Waterloo Park, Eaton Park, Old Library Wood, Heigham Park, West Earham Woods, Marlpit Woods and so many more.

Want a park?

If you have a local green space and want to see more happening in it, you can create Friends group too. The best first step is email community@norwich.gov.uk for advice then use our guides to new groups on LUMi to get started.

FIND OUT MORE jubileeparknorwich@gmail.com FB @JubileeFriendsNorwich

Sharing at your Local

The Boundary brings people together @norwichboundary

There are so many different ways that businesses can get involved in community life, and The Boundary shows the unique position pubs and cafes can have in creating support with and for local residents.

Working in partnership with other local organisations, The Boundary meets a variety of needs.

They run Meet up Mondays for lonely and isolated locals to have a friendly place to be, they redistribute food from local businesses to those who need it, they host digital skills training and even helping complete Universal Benefit claims. These are just a few ways they support their local community.

It's not always charities who make a difference in people's lives so let's get more businesses on board! The Boundary is making a difference in people's lives while still pulling a great pint!



Want to copy?

Thinking of how your business can share your staffs expertise and passion? We've put together a great series of blogs on the subject on LUMi to inspire you to start your journey too.



Sharing the Gardening

Great looking neighbourhood spaces @LTCGreenSpaces

Members of LTC Green Spaces have been sharing their skills and expertise with residents across Lakenham and Town Close by organising activity sessions to make improvements to the green spaces in their communities.

They've adopted flower beds and green spaces all over the local area as well as arranging regular litter picks on Lakenham Way. Every area these creative gardeners touch becomes brighter, tidier and better for local people and wildlife. Plus there are regular cups of tea which always helps!

By working on local gardening projects you get the opportunity to be creative with the green spaces in your community, take some ownership of them and help make them look great, all while meeting new people, building skills and making friends.

You can contact the group to join in their friendly sessions. No tools? No problem. LTC Green Spaces can provide you with all you need to get involved!

Want to copy?

We have great litter picking guides on LUMi and help on how to create your own community green space projects.

If you've found a place in your local area you want to adopt, email community@norwich.gov.uk for support and guidance.

Sharing Leftovers

Heartsease Community Fridge @HeartsFrancis

Heartsease is the first Norwich neighbourhood to host a community fridge. It's where local businesses and residents are able to donate food items that might otherwise go in the bin so it stops food being wasted.

Once donated this leftover food is then made freely available to local residents and community groups; so it supports people in their own homes as well as being made into community meals to be shared at events.

This great project is run by St Francis Church and funded by Sainsbury Waste Less Save More scheme. If you want to try it out, it's open three days a week on Tuesdays, Thursdays and Sundays. Check out their website for the times.

Whether you want to see what's in the fridge, volunteer, donate food or find out how you can create your own fridge where you live, get in touch with the team to find out more!



Want to do one?

It really only takes a fridge, leftovers and some passionate people to make a community fridge work.

We've uploaded a great guide to setting up your own fridge in your neighbourhood to LUMi.

FIND OUT MORE fridge@stfrancisheartsease.co.uk www.stfrancisheartsease.co.uk/fridge



Sharing Skills

Men's Shed use DIY to build friendships @NorwichMensShed

Men's Sheds are an international movement creating local spaces to provide a place for men to meet informally to safely do hands on activities while they share and learn skills from each other.

Norwich Men's Shed is an amazing example and their current activities include woodworking, computing and electronics, metalworking, blacksmithing and furniture restoration. Their base on St Augustine's Street is an incredible playground for grown ups, with all the tools and support you could possibly want.

Men's Sheds aim to provide friendship and a sense of belonging through positive and therapeutic informal experience with other men. They achieve positive health, happiness and well-being outcomes not only for the men who participate but also their families' friends and communities.

Any man over 18 can become a "Shedder" so get in touch to find out more.

Want to do one?

If your local area is in need of a Men's Shed then you can start your own. All you need is a building (doesn't have to be a shed) and some willing volunteers to get started. You'll find the UK Men's Sheds Association guide on LUMi

Sharing Mini Libraries

Library by name, library in nature @OldLibraryWood

The Old Library Wood Collective wanted to transform their local green space from unused and unloved into a haven for families, wildlife and fun.

Their aim is to reduce anti-social behaviour and take positive steps to improve Old Library Wood together so residents improve their sense of well-being and come together to create a stronger community all round.

One of their many fantastic projects to honour the name of the woodland was the building of two incredible free-standing wooden libraries, one for adults and a little one for children. Their aim was to help people enjoy spending more time in the leafy surroundings they help to maintain.

The concept is simple - take a book, perch on one of their lovely new benches and have a good old read. Maybe one day we'll see an outdoor book club developing on the site as well. Nothing is out of reach for this community group!



Feeling inspired?

We've sourced a great guide to making your own community library from scratch. Some old wood, a place to put it and some people with mad DIY skills and you're set!

FIND OUT MORE hello@oldlibrarywood.org www.oldlibrarywood.org



Sharing Your Jog

GoodGym redefine healthy living @GoodGymNorwich

A community of runners that gets fit by doing good.

GoodGym Norwich is a community of runners overseen by a local trainer who match-makes a group of helping hands with good causes and tasks. GoodGym is all about people improving their fitness by doing good. They also have Coach Runs (befriending service to older people) and Mission Runs (good deeds for older people) both which require members to complete a successful DBS check.

It's an opportunity to meet new people, make new friends and add a purpose to your physical activity while volunteering in your local community. Through bringing a team of helping hands, GoodGym allows good causes in the city to complete bigger tasks and projects like gardening, decorating and anything that can be blitzed.

The weekly group run meets every Monday at The Forum at 6:15pm. Details of the run and the good cause being helped can be found on the website.

Want to jog too?

You can easily join in with this incredible team. Just contact them to find out how to start off.

If you've got a community project which could benefit from these healthy heroes, let them know!

Sharing Kindness

KindaKafe inspires people to care @KindaKafe

KindaKafe, Norwich is a welcoming community cafe found on Castle Meadow in Norwich, which exists to build communities and reduce loneliness and social isolation. They regularly host a range of community groups and events in their spacious community building and through projects and training they promote and support social enterprise and community kindness. They also have a community bookshelf where you can donate, swap or borrow books.

KindaKafe is part of the Missing Kind's charitable network of communities, venues and projects, supporting those with a passion for social justice to make their difference to the world.

Their vision is to create a kind sustainable world built on sensitivity, sharing and sufficiency. The Missing Kind is a registered charity which encourages Random Acts Of Kindness (RAOK), one example is their Pay it Forward scheme where you can donate a hot drink at KindaKafe for someone else in need.



Want to RAOK?

Anyone can share some joy with a random act of kindness. Whether it's through a formal scheme like pay it forward, or simply remembering to smile at your neighbours, it's a great way to share joy!



Sharing Food

NEESA bring people together to share a meal

NEESA is an amazing group who provide both social and educational activities for the women and children in Norfolk. Everyone is welcomed.

Their regular social events for women and children include weekly sewing classes, cookery lessons, sporting events and activities for children. At their monthly social event, hosted at UEA, they encourage attendees to bring along some food they've made themselves.

Through sharing the food they've made they also share their culture, their passion for cookery and the task of feeding the group. NEESA events bring people together to make new friends and feel part of a bigger community.

There are lots of community meals taking place around the city; some offer the opportunity to get involved with the cooking, some where you are cooked for. You can find those in your local area by searching the Activities section on LUMi. Why not pop along?

Want to do one?

We've scoured the internet to find the best guide available for creating a community meal. You can use LUMi to find venues in your local area with a kitchen and connect with groups collecting leftover food to share.

FIND OUT MORE theneesaproject@yahoo.co.uk theneesaproject.co.uk

Sharing Resources

One person's waste is another's resource @RainbowFlock

This is the story of how two local organisations learned to make use of each other's leftovers; swapping cuttings for compost!

Angelica's Rainbow is a project based in Marlpit, offering therapeutic experiences with animals to young people who volunteer. They also take the animals to care homes so older people can benefit too. Who wouldn't want to pet a woolly sheep?!

Local people in Marlpit enjoyed seeing sheep, chickens and a Shetland pony living nearby but due to building work, grass to graze at Angelica's Rainbow was scarce. So they made a request for grass cuttings to the nearby Marlpit Community Garden. This quickly led to a convoy of wheelbarrows being arranged to swap barrowful's of grass cuttings for the compost produced by the animals and a great time was had by all swapping resources and feeding the sheep!

What a great story.



Feeling inspired?

Every business and organisation has waste from what they do. Why not get creative? Work out what you have to offer and list it as Stuff on LUMi to see if you can find it a home!

FIND OUT MORE angelicas.rainbow@gmail.com FB @AngelicasRainbow



Sharing Meals

Food Cycle feed the hungry @FoodCycleNRW

FoodCycle serve to a diverse group of over sixty people each week at the Friends Meeting House in Norwich where they cook up healthy meals using surplus ingredients collected from local shops, supermarkets and wholesalers.

In 2018 alone, they used 3,674 kgs of food destined for landfill to create 2,549 meals for members of their community. How amazing is that?!

They not only help people come together to share and enjoy food that would have been wasted, but their volunteers gain skills and confidence while having fun preparing and serving the meals. All this is done in a friendly and supportive environment where all are welcome, what a great way to share food, time and skills.

If you'd like to get involved in helping this project then why not get in touch with them? If you think there's a need for a new meal in your local area, as a regular thing or a one-off, then you can find guides and equipment on LUMi.

Want to cook?

Starting your own community meal can be simple. We've got guides on LUMi as well as links on staying safe and healthy.

There's even giant saucepans to borrow if nothing in your cupboard is big enough!

FIND OUT MORE norwich@foodcycle.org.uk www.foodcycle.org.uk/location/norwich

Sharing Food Growing

The Conservation Volunteers get growing @tcv_norwich

Community food growing means you share the load of growing fruit, veg and herbs and then share in the produce too. And it's happening all over Norwich.

The Conservation Volunteers have been working hard with local residents over the past couple of years to get a number of raised beds established on Tuckswood Green. They've turned an underused patch of green space in the centre of a housing estate into a thriving, green and bountiful place for people to enjoy and everyone can get involved from kids to grown ups.

You get to know your neighbours, spend time outside, make the neighbourhood look great and then get to enjoy some quality fresh food. What's not to like?

If TCV are in your local area then why not get in touch to join in the fun? Or if your neighbourhood needs a project like this and you want to make it happen there are small grants and sharable equipment available to get you started.



Want to grow?

If you've got a patch of land in your neighbourhood you want to turn into a community food project, let us know! You'll find a growing guide on LUMi from the RHS and you can email community@norwich.gov.uk for help and support

FIND OUT MORE zara.gardner@tcv.org.uk FB @TCVNorwich IG @TCV_Norwich



Sharing the Profit

FarmShare's co-op model @Farm_Share

Want to do one?

Whether it's a farm or a co-op business for any other reason, we've got a host of guides on LUMi to get you started.

Co-ops are a great way to embed sharing at the heart of a business and make sure that everyone benefits.

A community-run farm can work in many ways, principally; it is a piece of land used to produce food for and by a passionate and committed group of people. Using a co-operative business model too means co-op members share the ownership of the business, the work and most importantly the rewards.

Norwich FarmShare is a co-operative farm just outside Norwich, supporting food systems that educate and connect communities to be healthier and more resilient. By sharing knowledge and skills, they nurture a direct relationship with food growers and the land, and produce food for their members.

By working co-operatively with other local small scale farmers and growers, Norwich FarmShare provide a great range of chemical-free vegetables, fruit and eggs to members. There is no one individual business owner, decisions are made by an elected board of directors and the members can access affordable food produced in an ecologically sensitive way.

Sharing Seeds

Why buy when you can share with Norwich Seed Swap?

Norwich Seed Swap is an annual event for gardeners and allotment holders to get together and swap their surplus seeds, potted plants and gardening knowledge.

This seed and plant swap event normally happens towards the end of February. In addition to it being a chance for gardeners and allotment holders in Norwich to swap any spare seed packets they have for some different seeds in return, there are also talks and workshops on various aspects of gardening.

It's a great chance for gardeners and allotment holders to meet socially, swap seeds, plants and gardening tips and talk to gardening experts. There is no money exchanged at the event and so there are no financial barriers to people benefiting from the local knowledge and surplus seeds and plants in Norwich.

So if you've got a shed filled with half bags of seeds and you need some inspiration to try something new, this is the event for you!



Want to copy?

It doesn't have to just be seeds you swap. A glut of anything can be bartered at events like these. We've found a great guide to hosting your own seed swap and put it on LUMi.

You've found your idea...so what next?

It's so easy to start a new community sharing venture.

On top of all the guides available on LUMi, Norwich City Council has little pots of cash to get started without getting out of pocket; these are their Get Involved grants.

If you want to hold a small one off event like a street party or picnic in the park, you can ask for a mini-grant of up to £50 for costs like road closures, refreshments or leaflets.

For groups wanting to start something more formal, there are £300 start-up grants to cover the costs you might find in your first year. Then there's even a follow up £500 in year two if you've found a project your group wants to tackle.



Ever heard of a community currency?

If your project promotes physical activity then have we got an exciting idea for you?!

Norwich Notes is the city's first community currency. You can earn one Norwich Note for an hour helping out a project and you can then spend that note on one hour of doing something for yourself like going to the gym, a round of footgolf or even a music or theatre event.

This scheme is starting up in key city neighbourhoods, so if you're planning a project in West or North Earlham, Mile Cross, Lakenham or Heartsease then get in touch for more info.

Email community@norwich.gov.uk and tell us how you'd use them



Starting is as easy as S...S...S....

Space, skills and stuff...

They are all you need to get a community project off the ground but where are all of yours?

Whether you're an old hand at projects or this is your first, a Space, Skills and Stuff workshop can help reveal all the hidden assets in your local area, your group of friends or your consortium of organisations.

You set the aim of what you want to achieve and the game flexes around you so that you end the workshop with a pack of playing cards representing all the great stuff you have to work with.

You'll be amazed what's out there to make use of.

Want to do one?

Space, Skills and Stuff workshops are free to groups in Norwich.

Simply email community@norwich.gov.uk for more info



These fab partners shared their support to help us create this pack...



And it was all put together by time sharing volunteers... Thanks for helping make it happen!