



Project Menu



Here are some ideas of group projects that we are hoping to facilitate during Lent. Please read through and then use the sign up card to express your interest. We will then send you more details through about the types of projects that you are interested in. In your 1000 hours packs are suggestions of acts of kindness that you can do anytime and anywhere including your workplace, street, in your community and family or friends.

Project Number	Project Name	What's involved?	When and where?	Requirements
1	Chocolate Giveaway and Prayer Space at NNUH	Giving away bars of chocolate to NNUH staff. Being available to pray with hospital staff.	9 th April	Donations of chocolate bars can be made on Sundays, at the Place and office. Team members needed on the day to give them away, to chat and pray for people.
2	Chocolate Giveaway and Prayer Space at James Paget Hospital	Giving away bars of chocolate to James Paget staff. Being available to pray with hospital staff.	3 rd April	Donations of chocolate bars can be made on Sundays, at the Place and office. Team members needed on the day to give them away, to chat and pray for people.
3	Blessing ambulance drivers	Putting together bags of goodies for ambulance drivers to say thank you for what they do.	To be confirmed	
4	Blessing prison officers	Putting together bags of goodies for prison officers to say thank you for what they do.	To be confirmed	
5	Beach Clean Up	Meeting at the beach to pick up litter.	To be confirmed	Litter Pickers and bin bags

6	The Street Clean	Organise a group locally to collect litter	Cleans up can be registered and advertised with the 1000 Hours co-ordinators	Litter pickers and bin bags
7	School Projects	Assemblies and supporting Marc Lillystone in delivering 1000 Hours in schools.	To be confirmed	
8	NICU knitted squares	Knitting squares which can be used in the Neonatal unit at NNUH	Craft group	Wool and the ability to knit or crochet
9	'Try it' – Craft workshops	Volunteers to help serve refreshments and help with crafts.	Saturday 23 rd March 9.30-5pm The Place, Thorpe St. Andrew	
10	Afternoon tea at De-Carle House	Bake cakes/help to serve afternoon tea to the residents of a sheltered housing scheme	Saturday 6 th April 2-4pm (set up from 1pm) De Carle House, Thorpe St. Andrew	Cakes Talking to people
11	Thorpe St Andrew High School	Clearing up the site at Thorpe St Andrew High School at the end of term	Date to be confirmed	Litter pickers and Bin bags
12	Mothers' Day Flowers	Putting together bunches of flower for the Mums who attend Baby Jam, Grow Kids, Come and Play	During the week in the lead up to Mothers Day	
13	Swish – clothes swap	Donating clothes to swap with others. Helping to set up and run the clothes swap	Friday 12 th April - evening Harford Community Centre	Clothes donations Refreshments
14	Joy McCanns Life group Prophetic encouragement cards	Joys group will spend some time asking for prophetic words to put onto cards to be given out at food bank, church etc	They will spend couple of Monday mornings on this in March	
15	Carly weeks Life group Pamper packs and hampers for Leeway	Leeway hampers Carly's group will put together a number of hampers and pamper packs for families who arrive at Leeway's safe houses across Norfolk	Date of preparation to be confirmed. To be given out in Easter hols	Extra donations for ha Tea, coffee, sugar, long life milk, cereal, jam tins fruit, veg, beans, squash, fruit juice, wash up liquid, pasta etc. For Pamper packs Womens and childrens toiletries, toothbrushes, toothpaste.

