

Dereham Carnival 2017



We had a fantastic day at Dereham Carnival, all be it a bit on the wet side!! It was great to see the whole community coming together, and it was a brilliant opportunity to promote our services as well as raising some money on our very popular tombola!!

Thank you to all of those who donated tombola prizes or came along and supported us. A huge thanks to the staff team who organized and ran the stall—it was a very long day!!

Our stall raised a fabulous £211.10, and we are already planning for next years' carnival!!



CARNIVAL



North Norfolk Summer BBQ & Disco
Saturday 16th September 6.30pm-10.00pm at Gresham Village Hall

A BBQ will be provided and we will be entertained by a disco

Tickets: £6 for members & £6 for carers

Tickets available until 4th September. Please call the Mid Norfolk Mencap Office for further details



NEWS AND EVENTS

Norfolk Learning Disability Services Southern Locality Group Meeting



2nd November 2017
10.30am-1.00pm

The Annexe,
Watton Sports Centre
118 Dereham Road
Watton,

Norfolk Learning Disability Services Northern Locality Group Meeting

30th October 2017
10.00am start

Friendship Hall,
Mill Road,
Aylsham
Norfolk



Arts and Crafts Holiday Club

School Summer Holidays

Our Summer 2017 arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX



1st & 2nd August

8th & 9th August

15th & 16th August

22nd & 23rd August



The cost per full day session is £10.00 or you can book half day sessions for £5.00.

If you are interested in attending, please call Anya or Lorna on 01362 693013, or email info@midnorfolk Mencap.org



We have enclosed a questionnaire in this edition of 'In The Loop' for our members to read through. Your views are highly respected and valued.

We would be most appreciative if you could spare a few minutes of your time to complete the questionnaire and return to us at our Tavern Lane Office by 15th August.



Just a reminder– Our Tavern Lane Office will be closed on:- August 28th 2017 for the Summer Bank Holiday.



Our website has had a revamp! Go to www.midnorfolk Mencap.org to have a look! Also don't forget to like our Mid Norfolk Mencap facebook page!





Saturday Clubs—August



Swaffham - On 5th August we will be making a fruit salad ready to enjoy with todays picnic.

Dereham - There will be no Saturday Club in Dereham during August.

Saturday Clubs run from 10.00am to 4.00pm and are £8 per session. They are held at Sacred Heart School in Swaffham and at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 10.30am-12.30pm and will cost £15 per session.



If you would like to attend the music sessions please contact Sallie on 01603 766690



Family Carer Meetings

The next Family Carers meeting is on **Wednesday 9th August**.

Please join us between 10.30am—12.30pm at Dereham Memorial Hall, we welcome new faces! We ask for a £2 donation to cover the cost of refreshments and room hire.



Please note that all meeting dates for 2017 can be found on our website:



www.midnorfolk Mencap.org

If you would like any details on anything seen in this leaflet. Please contact Mid Norfolk Mencap, 1a Tavern Lane, Dereham Norfolk, NR19 1PX.
Telephone : 01362 693013 Email: info@midnorfolk Mencap.org
Website: www.midnorfolk Mencap.org

Gateway Club

The Club will be closed throughout August and will re-open on Wednesday 6th September 2017

Don't forget our Summer day trips

Have a lovely summer!

Gateway Club

Dereham Community Hub,
Independence Matters, Rash's Green, Dereham,

Drop In's

Dereham

Tuesdays and Fridays
10.00am – 2.00pm
1a Tavern Lane,
Dereham, NR19 1PX
£4.00 entry fee



Cromer

Thursdays
1.00pm-4.00pm
Merchants Place,
16 Church Street
Cromer, NR27 9ES
£5.00 entry fee



Munch Bunch Cooking Club

The Munch Bunch cooking group is run by adults with a learning disability and their support workers. The group is open to all and is a fun and friendly way to meet new people and learn new skills.

Run fortnightly 10.30-1.00pm, at 1a Tavern Lane, Dereham. The cost is £4 for a 2 course meal.

Please Note:

All Munch Bunch sessions have been cancelled for the Summer, from June 26th 2017 up to and including October 16th 2017. Sessions will resume starting Monday 23rd October 2017

Stepping Out Club

7th August—Walk and Fish & Chips
14th August—No Meeting
21st August —Sponsored Walk
28th August—No meeting— Bank Holiday

Meetings held at Church House,
Church Street, Dereham 7.30pm-9.00pm