



AGM 2017

Our recent Annual General Meeting was a huge success. Many thanks to all those who attended. Minutes of the meeting will be available soon on our website.

Picnic in the Park

Mid Norfolk Mencap wish to extend our sincere gratitude for the £1,072.23 donated to us from the Picnic In The Park event this summer. The generous donation is very much appreciated. We will keep you updated with what the money is used for.



The North Norfolk Christmas Disco and Buffet will be held on Saturday 2nd December at Holt Community Hub from 18.30—22.00.
11 Charles Road Holt, NR25 6DA
If you would like to go, please contact the Mid Norfolk Mencap Office.



Norfolk Learning
Disability Services
Southern Locality Group Meeting

2nd November 2017
10.30am-1.00pm



The Annexe,
Watton Sports Centre
118 Dereham Road
Watton,
IP25 6HA

Norfolk Learning
Disability Services
Northern Locality Group Meeting
10.00am start

T.B.C.

Friendship Hall,
Mill Road,
Aylsham
Norfolk
NR11 6DS



Mid Norfolk Mencap

(also serving North and South Norfolk)

Christmas Dance

Friday 8th December 2017

19.30pm—23.30pm

Swanton Morley Village Hall

Dance the night away with

“Kenny and the Motives”

Christmas Raffle

Nibbles Provided

TICKETS £8.00

(Available from the Mid Norfolk Mencap Office)

Admission by Ticket Only

Mid Norfolk Mencap

1a Tavern Lane

Dereham

NR19 1PX

01362 693013



Saturday Clubs—November



Swaffham - On 4th November we are working with canvas to create 3D firework pictures.

Dereham - On 18th November we will be Dream Catcher crafting.



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 8th November**. We will be doing an **Arts and Craft session with Lorna**, and holding a raffle.

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 and 2018 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



Drop In's

<u>Dereham</u>	<u>Cromer</u>
Tuesdays and Fridays	Thursdays
10.00am—2.00pm	1.00pm—4.00pm
1a Tavern lane, Dereham	Merchants Place
NR19 1PX	16 Church Street
£4.00 entry fee	Cromer, NR27 9ES
	£5.00 entry fee



Gateway Club

- 1st November—Halloween Disco**
- 8th November—Music Club**
- 15th November—Albanian WMC**
- 22nd November—Zumba**
- 29th November—Bowling**

Dereham Community Hub
Independence Matters, Rash's
Green, Dereham
7.00—9.00pm



Stepping Out Club

- 6th November—Games Night**
- 13th November—No meeting**
- 20th November—Bell Ringers**
- 27th November—Christmas Crafts**

Meeting held at Church House
Church Street, Dereham
7.30—9.00pm