



It is with great sadness that we note the passing of our  
Lifetime Vice President, Christine Cook.

Her funeral took place earlier this month on  
4th March.

Christine, and her husband, Harold, were founder members  
of Mid Norfolk Mencap working tirelessly for the Charity  
raising funds and steering us  
forward into what we have become today. Christine was  
heavily involved in the very early days of Merle Boddy  
House here in Dereham, which continues to go from  
strength to strength. The Charity Shop,  
Saturday Clubs in both Swaffham and Dereham and the  
Welfare Fund are all things Christine was  
involved with but are no longer active as the needs and  
direction of both our service users and the Charity  
inevitably changes.

Christine's huge involvement with the Charity along with  
Harold was a fantastic asset to us, especially in the early  
days helping to raise a lot of money and taking a great  
interest in our service users.

Christine will be remembered fondly by us all.

Rest in peace Christine



A life's work well done

## A COUPLE OF CHANGES TO THE MENCAP TEAM

A few months have now passed since our last edition of the "In the Loop" newsletter, as in January we waived goodbye to Sarah Freeman, Mid Norfolk Mencap's Administrative Assistant. Sarah, and her editions of In the Loop, will be sorely missed; however, we all wish her the very best of luck in her new ventures.



Moving forward, I would like to warmly welcome Vivienne Benning to the office team, as our new Administrative Assistant, and I am sure many of you will get acquainted with Vivienne over the coming months



We would also like to welcome onboard, Hannah Taylor and Adam Fenwick who have recently joined the Community Outreach Service





The first draw of the 100 Club raffle for 2024/25 is on Wednesday 10th April, so still time to join.

Membership is £15 for each number purchased, and you can have more than one number.

Sign up for our monthly draw for your chance to win one of the money prizes of £15, £10 or £5.

New members are always welcome, why not ask family and friends, it's for such a great cause.

**PLEASE CONTACT VIVIENNE IN THE OFFICE ON**

**01362 693013**

**OR EMAIL [VIVIENNE@MIDNORFOLKMENCAP.ORG](mailto:VIVIENNE@MIDNORFOLKMENCAP.ORG)**



Spring is most definitely in the air and most of us are already champing at the bit to get outside and start preparing for planting. Not least, some of our lovely clients who are excited to get sowing some delicious salad crops in our newly acquired polytunnel on the allotment. Fingers crossed for the sunshine





An ad-hoc trip to Strikes in Dereham for some of our residents to enjoy a spot of Bowling





# WHAT'S BEEN GOING ON IN THE COMMUNITY LATELY



Stephen and Kevin enjoying their time at the gym.



Michael decided to join and ended up cycling 5 miles!!

Gavin has once again been busy volunteering at the PACT Charity



While Kevin decided to don his wellies and help out at the PACT Sanctuary



Meanwhile, in the Mencap kitchen, Craig is delighted with his cupcake skills.



Danny is feeling hungry, and prepares himself a pizza for lunch.



James has been working hard on his knife skills

Zach has been to the glass factory to try his hand at glass blowing





**24/7 free travel to all disabled bus pass holders in Norfolk, as of 1st February 2024**

**No longer do you have to wait until 9.30am on weekdays to use your free bus pass, this is available 24 hours a day .**



**What a great way to travel!**

## **DEREHAM & DISTRICT GATEWAY CLUB**

**The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED  
Fridays, 7pm to 9pm  
£2 entry (plus money for refreshments & raffle)**

**THE NEXT MEETINGS DATES ARE:**



**19th & 26th April 2024**



## CURRENT VACANCIES

We have support worker vacancies in both our Community Outreach Service,  
and at our residential home, Merle Boddy House

Contact Anya Rose at the Tavern Lane office if you would like further details

Tel: (01362) 693013



## NORFOLK LEARNING DISABILITY PARTNERSHIP

[www.norfolkldpartnership.org.uk](http://www.norfolkldpartnership.org.uk)



Open to the public and can include

People with learning disabilities and their families / carers

People who work at the County Council, including County Councillors

People who provide services for people with learning disabilities

People from the local area who want to help

### NORWICH Locality Meeting

Venue:

The Willow Centre,  
1-13 Willowcroft Way,  
Cringelford NR4 7JJ

Next meeting:

Wed 10th April 2024, 1.30pm—3pm

### WEST NORFOLK Locality Meeting

Venue:

Parkview Resource Centre,  
Birch Tree Close, London Road,  
Kings Lynn PE30 5QD

Next meeting:

Wed 24th April 2024, 1.30pm-3pm

### NORTH NORFOLK Locality Meeting

Venue:

About With Friends  
22c Holt Road  
Cromer NR27 9JW

Next meeting:

Wed 17th April, 1.30pm-3pm

### SOUTH NORFOLK Locality Meeting

Venue:

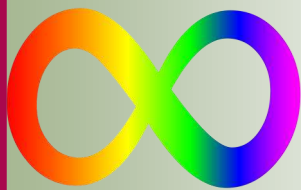
ASD Helping Hands, Room 412-416,  
Breckland Business Centre,  
St. Withburga Lane, Dereham NR19  
1FD

Next meeting:

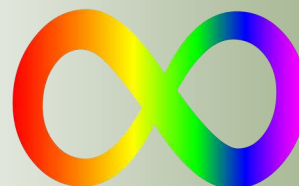
Wed 1st May 2024, 1.30pm-3pm



Norfolk



**AUTISM**



Acceptance Week

Norfolk Autism Acceptance Week is taking place from 2nd April to 8th April 2024!

This aligns with World Autism Acceptance Week which aims to increase awareness and acceptance of autism, helping to build a more inclusive world.

## STEPPING OUT CLUB



We meet at Mid Norfolk Mencap,  
1a Tavern Lane, Dereham NR19 1PX  
(usually on the first & third Thursday)  
7.30pm to 9pm    £2 entry fee  
**THE NEXT THURSDAY MEETING DATE IS:**  
**18th April 2024**  
New members are always welcome.



Produced by MID NORFOLK MENCAP  
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