



To keep you in the loop (excuse the pun), our Just Giving page is up and running. With your donations, our plans for a sensory room at Tavern Lane can become a reality.

To donate go to:- www.justgiving.com/mid-norfolk-mencap
or for further information browse our website:-www.mid-norfolk-mencap.org.

We now have Our Breckland Lottery page up and running. Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-

www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap



our breckland
lottery

Support local good causes
win up to £25,000!



100 Club

Don't forget in April, we will be renewing our 100 Club raffle.

Sign up for our monthly draw for a chance to win prizes of £15, £10, or £5. Just imagine opening a letter with a cheque inside for up to £15.

The yearly cost is £12.00 and an application form can be obtained from the Mid Norfolk Mencap office.



Office Closure

The Mid Norfolk Mencap Office will be closed on Good Friday 30th March 2018 including the weekend and Easter Monday.

We will re-open on Tuesday 3rd April 2018. The Drop-In will take place as usual on Tuesday 3rd April.



NEWS AND EVENTS

We are planning to run a fundraising stall on the 22nd July at the Dereham Carnival. We **desperately** need your donations for the prize Tombola section. If you think you could help with a donation, please could these be brought into the office at 1a Tavern Lane no later than Friday 13th July. Thank you.



Mid Norfolk Mencap BBQ

To raise funds for our
Sensory Room Project
and
Resources



Saturday 7th July 2018 6pm - 9pm
At 'Netherley' beside Thorncroft Clematis Nursery
Reymerston NR9 4QG

Soft Drinks Bar
Tea & Coffee available
for a small donation

Adults £8. Children under 12 £4.

Ticket only event

Bring your own alcohol
Glasses Provided

Tickets available in person from Mid Norfolk Mencap
1a Tavern Lane Dereham Norfolk NR19 1PX



It is with sadness that we inform you of the passing of Geraldine Anderson on 20th February 2018, aged 81years.

Geraldine was a great supporter and advocate of Mid Norfolk Mencap along with her daughter Judith who is a long term attendee of the Drop In sessions at Dereham. Our thoughts are with her husband Reginald and his family.

Norfolk Learning
Disability Services
Southern Locality Group Meeting



3rd May 2018
10.30am-1.00pm

The Annexe,
Watton Sports Centre
118 Dereham Road
Watton,

Norfolk Learning
Disability Services
Northern Locality Group Meeting
10.00am start
T.B.C.

Friendship Hall,
Mill Road,
Aylsham, Norfolk
NR11 6DS



Saturday Clubs—April



Swaffham - On 7th April – Cooking Sticky Chicken Skewers with rice and cheesecake

Dereham - On 21st April – Bowling and working on Saint Georges Day craft activities.



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 1pm– 3pm 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 11th April 2018

We will be visited by Fai Du Main and Malcolm Smith from the Southern Locality with the opportunity to speak to them on family issues.

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 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



Dereham

**Tuesdays and Fridays
10.00am—2.00pm**

**1a Tavern lane,
Dereham
NR19 1PX
£4.00 entry fee**

Drop In's

Cromer

**Thursdays
1.00pm—4.00pm**

**Merchants Place
16 Church Street
Cromer, NR27 9ES
£5.00 entry fee**



Gateway Club

**4th April— Closed
11th April —Club night with Bingo
18th April — Zumba
25th April — Music Club**

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

£1 Entry Fee



Stepping Out Club

**2nd April— No Meeting
9th April— No Meeting
16th April—Games Evening
23rd April—Make a Papier Mache
bowl!
30th April— Finish making a papier
Mache bowl
Meeting held at Church House
Church Street, Dereham
7.30—9.00pm**

£1 Entry Fee