

## “Carers Information Day”

The Norwich Forum  
Millennium Plain, Norwich, NR2 1TF

Monday 10<sup>th</sup> June 2019 10am till 3pm

Come along and meet the people who will offer Help, Information and Advice for Carers, Ex-Carers, Older People and the Lonely With lots of support at these events, drop in and find help and support in where to get the services required.

Including:

Macmillan Cancer Support  
AGE UK Norwich - Autism Anglia  
Norwich Access Group  
Arthritis Care - Alzheimer’s Society - Marie Curie  
Dementia Services - Equal Lives  
Norfolk Carers Support  
Action for Blind People  
BUILD

Plus many more.....

Here are some wonderful Out and About in the Community pictures for you to enjoy.



Adam Enjoying rest time at High Lodge in Thetford

Michael crafting at our Cromer Drop-in



Bogdan having great fun on a super motorbike

Ben taking great care to cover all the wood when painting his plant pot that he had great fun making.





**Do you like helping people?' 'Do you have a caring nature?'  
'Are you reliable and friendly?'**

We have full and part time positions open within our support worker staff team, we also need bank staff too.

Mid Norfolk Mencap is a residential and Community Outreach care service in Dereham and in the surrounding area. We provide a range of care and support services for people with learning disabilities.

Our main priority for this job role is to find people with the right values, behaviours and attitudes that match our own! We're seeking to recruit some great new support workers; people with the right values and behaviours, willing to support and encourage people with learning disabilities and to promote their independence and equality in life. Could this be you? The right applicant will be supported to learn the necessary skills to treat the people we support with compassion and respect whilst recognizing you as an individual and as a member of our team.

The duties are varied, and no two days will be the same. Our residents and Outreach service users are all individuals, however, as a general guide, duties may include some support with personal care needs, as well as help to take part in a wide range of special interests and activities that support their health and wellbeing such as arts and crafts, watching the footie, drama, musical evenings, gardening, shopping trips and social occasions.

Interested? To find out more, please Contact  
Lorna or Anya on 01362 693013.



# Mid Norfolk Mencap Barbeque

Saturday 6th July 2019 6pm - 9pm

At 'Netherley' The Lings Reymerston NR9 4QG  
(ON the B1135)

Adults £8. Children under 12 £4

Price includes BBQ Food

*Ticket only event*

Tickets available in person from Mid Norfolk Mencap



**Bring your own alcohol  
Glasses Provided**



**Soft Drinks  
Tea & Coffee available**



**'If possible, please bring own chairs'**

## Peter Beales Garden Centre

London Road, Attleborough, Norfolk, NR17

We are proud to announce an 'Evening Tour' of Peter Beales Roses, on Saturday 29<sup>th</sup> June 2019. The tour begins at 6pm with a walk around their beautiful rose gardens, an atmospheric experience that is not usually available to the public during evening time, with the amazing scent from the roses alone, this is an opportunity not to be missed.

Dusky Sunday, a very talented singer/song writing duo will be performing during the evening, along with a short talk from a speaker from Mid Norfolk Mencap and a raffle. Refreshments are available during the evening from the garden marquees, along with a tombola stall run by us.

**Tickets cost: £25 per person, with all profits going towards Mid Norfolk Mencap.  
Tickets are available to buy from their website**

<https://www.classicroses.co.uk/garden-products/tickets-for-workshops-and-courses/29-06-19-garden-party-charity-evening.html>

Do come along and support us, at this ticketed event and enjoy the rose perfumed gardens which are spectacular at this time of the year whilst having a great evening. What could be better?

# YOU'RE INVITED TO A MOVIE

Cinema nights are coming to Tavern Lane on the last Friday of each month.

Our next film is on

Friday 26th April 2019 18.45—21.00

Doors open at 18.45

Watch a film, munch popcorn and eat hot, chip shop chips,

All provided for the grand price of £5.

Pay at the door on the night

Don't forget to Bring extra money for drinks.

Tea, Coffee or Squash, available.

Sit back, relax and enjoy the film.

Each month, a film will be chosen by the attendees for the following months screening.



## 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.



Norfolk Learning  
Disability Services  
Southern Locality Group Meeting

6th June 2019  
10.30am-1.00pm

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



Norfolk Learning  
Disability Services  
Northern Locality Group

TBA 2019

Meeting: 2—5pm

**Note: Change of meeting  
venue— Now at**  
Youngs Park, Woodgate Way,  
Aylsham NR11 6UJ

## Community Support News



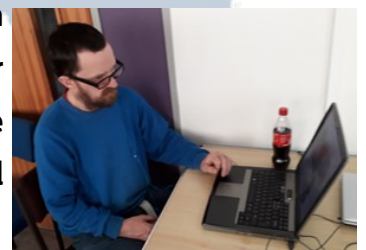
Kevin is supported twice a week in the community and attends the Drop-in sessions in Dereham as a volunteer each Tuesday and Friday.

Kevin often turns up early and meets the staff with a welcoming smile and a cheery hello. Kevin is always keen to help set up the tables ready for the drop-in sessions and offers to make the office staff, tea or coffee each week. Kevin also enjoys helping others in these sessions and is often seen in the kitchen busy making drinks for the attendees. When not busy making drinks, Kevin will spend time talking to others in the session about music and his keen interest in trains. Kevin once used to help sand down the carriages in the summer at the Dereham railways station, and still enjoys watching them from time to time depart the station, either to Wymondham, or north to County School station.

Kevin is known for his love of cheese triangles and buys a packet of these for his lunch every time he makes a visit to the Drop-in sessions, only cheese triangles will do for his lunch, nothing else compares to his cheese triangles.

Kevin's other hobbies are spending time on the computer playing Grand Theft Auto 5, and when relaxing at home, Kevin enjoys watching EastEnders, being a true fan of this programme.

Kevin says, he really enjoys attending the drop-in sessions in Dereham each week, as he can meet up with all his friends, have a good chat with them, listen to music on the computer, especially Cascada, or watch the television and talk about football to others who are also keen football fans. Kevin just loves to sit back, relax and enjoy these fun sessions.



# *North Norfolk May Ball 4th May 2019*

*North Walsham Community Centre  
New Road, North Walsham NR28 9DE  
From 6.30 - 10pm*

*Come and dance the night away  
£7 members & £7 Carers  
This includes Dance & Buffet  
Cheques made payable to Mid Norfolk Mencap*



## **Office Closure**

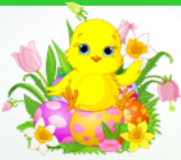
**The Mid Norfolk Mencap Office will be closed on Good Friday 19th April 2019 including the weekend and Easter Monday.**

**We will re-open on**

**Tuesday 23rd April 2019.**

**The Drop-In will take place as usual on Tuesday 23rd April.**





## Saturday Clubs– April

Swaffham - 6th April — Table decorations with flowers

Dereham - 20th April— Easter nests & Easter bingo

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.



## Family Carer Meetings



The next Family Carers meeting is on

Wednesday 10th April 2019

Please Note We will be meeting in the Garden room  
at the Memorial Hall for this months meeting only.

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 2019 can be found  
on our website: [www.midnorfolkmenca.org](http://www.midnorfolkmenca.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@midnorfolkmenca.org](mailto:info@midnorfolkmenca.org)  
Website: [www.midnorfolkmenca.org](http://www.midnorfolkmenca.org)

**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**



**Stepping Out Club**

**1st April—Ellie, Cerys & Hannah**

**8th April — No Meeting**

**15th April— Easter Themed Night**

**22nd April —No Meeting**

**29th April—Games Night**

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

**£1 Entry Fee**



**Gateway Club**

**3rd April — Zumba**

**10th April — Easter Crafts**

**17th April — Easter Disco**

**24th April — Easter Closure**

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

**£1 Entry Fee**