



## EASTER ACTIVITIES

We have been celebrating Easter this week with a competition for the residents at Merle Boddy House and our Community outreach clients to take part in. They were asked to decorate an egg design and for taking part received a chocolate egg surprise.

*A selection of entries*



We would like to thank Melanie, a member of our Community outreach staff for organising the competition, and Tesco for donating the Easter egg treats. We will announce the winner in next month's Loop edition.

The first prize winner (to be announced) will also receive 2 tickets to visit local Gressenhall Farm and Workhouse (when they re-open).



*Pam with her entry*



## 100 Club

The first draw for the 2021/22 100 Club will be **Wednesday 14th April**. It's not too late to join to be in with a chance to win one of the 3 monthly money prizes for the annual cost of £15.

Call or email Sarah on **01362 693013** or [sarah@midnorfolk Mencap.org](mailto:sarah@midnorfolk Mencap.org).

## LEARNING DISABILITY REGISTER

The UK government's vaccine advisory committee has said that all people on the GP Learning Disability Register should now have been invited for a Covid-19 vaccine as part of priority group 6.

The Joint Committee on Vaccination and Immunisation (JCVI) said that adults with other related conditions such as cerebral palsy should also be invited and that local authorities should help to identify adults with learning disabilities in residential and nursing care, as well as those who require assisted living support and those in shared accommodation with multiple occupancy.

About 1.2 million people have a learning disability in England, but only 250,000 are registered with GPs. This means that at least 150 000 more people with learning disabilities should have been offered the vaccine more quickly.

The announcement comes after some local GP groups decided to prioritise all patients with learning disabilities for the Covid-19 vaccination, in response to evidence that disabled patients were at much higher risk from the disease.

The JCVI had previously recommended that adults with severe and profound learning disabilities, and those with learning disabilities in long stay nursing and residential care settings, should be offered the vaccine in priority group 6. However, there were concerns that people would be missed, as GP systems do not always capture the severity of someone's disability. As such, the committee has now decided that the GP Learning Disability Register should be used, as this is more likely to capture the right people.

It's now crucially important that everyone with a learning disability checks that they are on the register and asks to go on it if they are not. Being on the register has many benefits and entitles people to annual health checks and prioritisation for future vaccinations, as well as getting the Covid vaccine to be confident they are protected.

You can be any age and have any level of disability to join the register and get extra support. Even if you have a mild learning disability and you live independently, you can still join. It is a good idea for children to join the learning disability register at a young age. This means adjustments and support are put in place before they start using adult services. To join, go to your doctor's surgery and ask the receptionist if you are on the learning disability register. If you are not on the register, you will need to make an appointment with your doctor to tell them that you have a learning disability.

### Key benefits of being on the Register are:

- Better planning of health and care services for people with learning disabilities;
- An ability to anticipate an individual's needs before they attend health or care settings;
- Better understanding and integration of needs across health, care, education and employment;
- Better transition planning for young people with learning disabilities who are leaving school or college and approaching adulthood. If children and young people are on the register support and adjustments can be put in place before they transition;
- If a child is on the Register they will be invited for an Annual Health Check once they reach 14 years of age (provided the GP offers this service, most GP practices do but there are a small number who do not).



AFTER

**LOCK  
DOWN**

With the end of lockdown getting closer, we've now asked the residents at Merle Boddy House what they were most looking forward to. This is what they told us:



I can't wait to have a cup of tea with my sister and go shopping with her.

*Deborah*



I can't wait to go back to the Drop Ins.

*Leslie*



I really want to go and stay with my Mum & Dad for the night and help with some jobs.

*William*



I can't wait to go back to Drop Ins too.

*Elizabeth*



I want to visit home.

*Duncan*

I'm looking forward to seeing my family and having a cup of tea with them.

*Tracy*



I can't wait to go back to Dereham Day Services and see my friends.

*Paul*

**WHAT ARE YOU LOOKING FORWARD TO DOING....?**

# ALLOTMENT WATCH



As we reported last month, we now have an allotment in Dereham. The large plot requires a lot of hard work and time before we can begin the process of growing fruit and vegetables. Our Community outreach staff have recently worked hard on the first job of clearing the site.

We would like to say a big thank you to Notcutts Garden Centre in Norwich who have kindly donated over 70 different seed packs for when we are ready to begin the planting.



All donations of help and items needed for the project (plants, seeds, bulbs, compost or garden tools) are still very much appreciated.



## FREE WELLBEING PACK FOR CARERS

Norfolk County Council is offering a free wellbeing pack to anyone caring for a family member or friend.



Norfolk County Council are working with Caring Together and Carers Voice to put together wellbeing packs, to show their appreciation for carers across Norfolk as they recognise how difficult it has been for many carers during the pandemic. The packs will include some personal protective equipment (PPE) to support you in your role as a carer. They have also included some pick-me-up items that it is hoped will bring a little joy in these difficult times. If you would like to receive a pack, please copy the link below where you can register your details and the pack will be posted directly to your home.

[https://forms.norfolk.gov.uk/service/carers\\_wellbeing\\_pack](https://forms.norfolk.gov.uk/service/carers_wellbeing_pack)



## REMEMBERING ONE YEAR OF LOCKDOWN

On Tuesday 23rd March, the UK marked one year since the first coronavirus lockdown, with the Queen reflecting on the "grief and loss felt by so many". A minute's silence was held at midday which parliaments across the UK paused business to observe. Later that day, people were encouraged to stand on their doorsteps at 8pm with phones, candles and torches to signify a "beacon of remembrance". This was organised by end-of-life charity, Marie Curie.

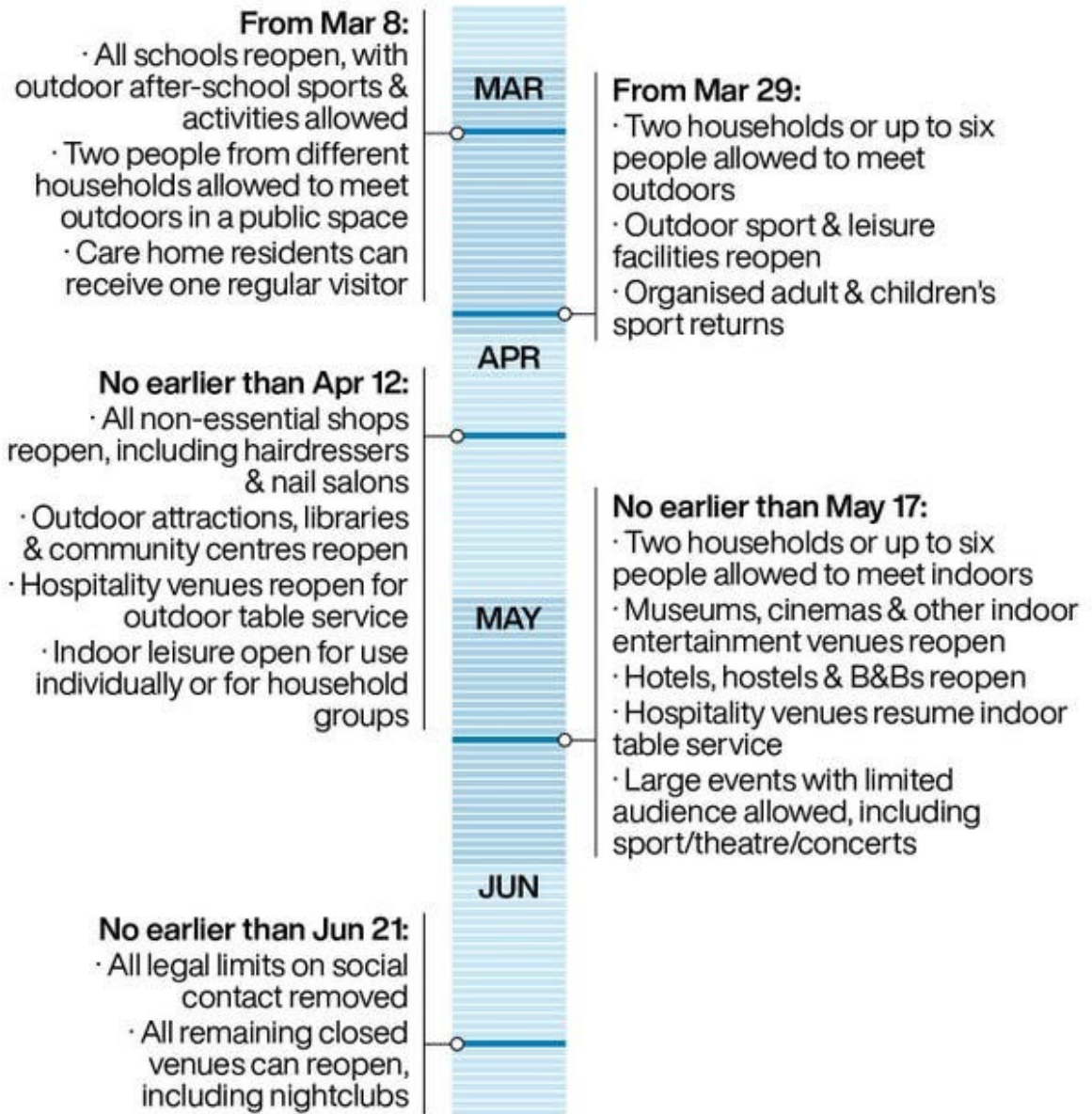


Back in March 2020, Prime Minister Boris Johnson announced tough restrictions on people's lives aimed at stopping the spread of Covid 19. Since then, the UK's official death toll has risen from 364 to 149,168.

*Our thoughts are with all those that have been affected.*



### Easing the lockdown in England



## SPECIAL CELEBRATION DAYS IN APRIL 2021



Bowel Cancer Awareness Month  
National Pet Month  
4th, Easter Sunday  
5th—11th, Community Garden Week,  
11th—17th, Parkinson's Awareness Week  
16th, Pyjamas for Pan Can Day



20th—25th, Multiple Sclerosis Awareness Week  
20th—25th, Allergy Awareness Week  
20th—23rd, National Stop Snoring Week  
20th—25th, World Immunisation Week  
22nd—4th May, The Big Pedal 2021  
22nd, International Mother Earth Day



23rd, National Skipping Day 2021  
23rd, St. George's Day  
23rd, National Asparagus Day 2021  
24th, Scream Day



25th, World Penguin Day  
26th, DNA Day  
27th—2nd May, National Gardening Week  
29th, International Dance Day  
30th, International Jazz Day

## FAMILY CARERS MEETINGS



As this copy goes to print, we are hoping that the monthly meetings will now resume in July in a Covid-secure manner. We will of course keep you informed of the new start date.

Normal meetings take place between 10.30am and 12.30pm at Dereham Memorial Hall one Wednesday every month.

New faces are always welcome with a donation of £2 to cover the cost of refreshments and room hire.



The office will be closed for Easter on Friday 2nd April and Monday 5th April. We will also be closed on the two May bank holidays on Monday 3rd and Monday 31st.

## COVID-19 GUIDE FOR CARERS



The Social Care Institute for Excellence (SCIE) has produced a guide to assist parent carers supporting adults and children with learning difficulties or autistic adults and children, to carry on giving good, safe support to their family members during the pandemic.

The current health crisis has increased confusion, fear and anxiety for everyone, and inevitably it will bring additional challenges when supporting autistic people and people with learning disabilities. SCIE offers advice, including what you should expect from the local authority, at:

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>

## LARGE PRINT VERSIONS OF OUR ARTICLES

To make it more accessible to members, we can alter any articles or specific information to a larger print format.

If this would help you, please contact Sarah in the office on:  
01362 693013 or [sarah@midnorfolk Mencap.org](mailto:sarah@midnorfolk Mencap.org)

## EASY-READ INFORMATION ABOUT THE COVID 19 VACCINE

The Norfolk and Waveney Clinical Commissioning Group (CCG) has made easy-read information about the COVID-19 vaccine available. Copy this link to read:

<https://www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme/2-uncategorised/219-easy-read-information-for-the-covid-19-vaccination-programme>



### SOUTHERN

Locality Group Meeting  
Norfolk Learning Disability Services

**CANCELLED**

**until further notice**

Usually held at:  
The Annexe,  
Watton Sports Centre,  
118 Dereham Road, Watton IP25 6HA

### NORTHERN

Locality Group Meeting  
Norfolk Learning Disability Services

**CANCELLED**

**until further notice**

Usually held at:  
The Bayfield Centre,  
Kelling Hospital,  
Old Cromer Road, High Kelling NR25 6QA

## DROP INS

**Still with no definite start dates for the both the Cromer and Dereham Drop In sessions, these are cancelled until further notice.**

**We will constantly be reviewing the situation and will keep you posted as to when the sessions will start again.**

### Cromer

Thursdays

1.00pm — 4.00pm

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



### Dereham

Tuesdays and Fridays

10.00am — 2.00pm

1a Tavern Lane,  
Dereham  
NR19 1PX  
£4.00 entry fee

### **Stepping Out Club**

All meetings of the Stepping Out Club are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:

Church House  
Church Street  
Dereham  
7.30—9.00pm

£1.50 Entry Fee

### **Gateway Club**

All meetings of the Gateway Club are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:

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

£1 Entry Fee



If you would like 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)**