



April  
2022  
Issue



## SUPPORTING UKRAINE

Our clients in the Community have been learning about Ukraine and what's been going on in the news. We've been making art with their flag colours for a Peace display to show our support, and they also dropped off and helped to pack some needed supplies at a local drop-off point in Dereham.





The first draw of the **100 Club** raffle for **2022/23** is on **20th April**, so it's not too late to join. Membership is £15 for each number purchased.

Sign up for our draw for the chance to win monthly prizes of £15, £10 or £5. New members are very welcome to join and family and friends can join too.

If you would like to join, please contact Sarah at the office on **01362 693013** or email [sarah@midnorfolk Mencap.org](mailto:sarah@midnorfolk Mencap.org) for an application form.

## Norfolk SENDIASS Information, Advice & Support Service

Norfolk SEND Youth Forum is a new opportunity for young people to share their experiences and work together to improve services for young people with Special Educational Needs and Disabilities. You can join the Youth Forum and take part in regular online meetings and share thoughts and feelings on an online pinboard.

The SEND Youth Forum invites all YP with SEND, in Norfolk, to register and join.

If you are aged 11–25, and have something to say, they would like to hear from you to meet, discuss and create change!

You can join the Youth Forum and participate in regular online meetings and share thoughts and feelings on their online pinboard. If you do not want to be a part of the meetings, you can choose to only participate via the pinboard.

To sign up, go to the Norfolk SENDIASS website at:  
[www.norfolksendiass.org.uk](http://www.norfolksendiass.org.uk)

Or email:  
[norfolksendiass@norfolk.gov.uk](mailto:norfolksendiass@norfolk.gov.uk)



**Lauren Syer** (previously Walker) from the Community Outreach Services Team, is currently on maternity leave.

Her daughter, Lily Elizabeth Jane, was born on 13th March weighing 7lb 8oz.

We wish Lauren and Matty all the best for a happy and healthy future in their new family life with Lily.



### MARGARET ANN EVERETT

“Maggie” Everett of The Oaks, Mattishall, passed away peacefully on 18th February, aged 75 years. She was the beloved daughter of Sid and Iris (both deceased) and sister of Michael (deceased). Her funeral service and interment took place at Colney Wood Burial Park, Norwich on 16th March.

Some of you may remember her father Sid and mother Iris who were founder members of the Gateway Club and raised a lot of money for people with learning disabilities locally.

We would like to thank Maggie’s aunts and cousins for making a donation to us in her memory.

### TESCO COMMUNITY GRANT

March was the third and final month for our Field to Fork Allotment project being one of the chosen Tesco Community Grants initiatives for customers to vote for.



The last day for counters to be included at Dereham’s Tesco Extra store for our project was 31st March, so we now eagerly await the news as to the grant awarded to us.

We thank everyone who voted for us and look forward to moving forward with our allotment project to benefit our clients to enhance their skills, promote their wellbeing and enjoy the great outdoors by growing and looking after their own produce.

It has been a lot of hard work to clear the site and we have been building a walk-in fruit & vegetable garden cage. Getting any one of the grants will allow us to really move forward with the project and get to the exciting growing (and eating!) stage.



### EASTER BANK HOLIDAY CLOSURES

The office and services at Tavern Lane will be shut on Friday 15th and Monday 18th April for Easter.

We will be back in the office on Tuesday 19th April at 9am.

**WE WISH YOU ALL A VERY HAPPY EASTER AND HOPE THE EASTER BUNNY VISITS YOU.**



## ACTION IN THE COMMUNITY LAST MONTH



John & Michael at bingo



Trevor enjoying the tractors at Ben Burgess

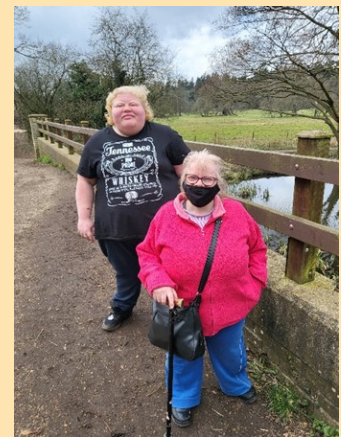


And trying out a police motorbike for size (with permission!)



Pam & Gabby at Lynford Lakes

John visiting the Triumphs at Lings in Watton



Gavin in the pits at Snetterton

Stephen & Jade cooking pancakes



## CONCESSIONARY TRAVEL IN NORFOLK

You are entitled to a disabled **concessionary travel pass** from Norfolk County Council if you are a Norfolk resident of bus fare paying age (age 5+) and have a permanent disability or one lasting at least 12 months. Eligibility for a disability-related travel pass is considered 'automatic' if you have been issued with a Blue Badge or are in receipt of the following benefits:



- Higher Rate Mobility Component of the Disability Living Allowance.
- War Pensioner's Mobility Supplement.
- Personal Independence Payment (PIP) with an award of eight points or more for the 'Moving around' activity.

You are also eligible if your disability falls into one of the following seven categories:

- Blind or partially sighted.
- Profoundly or severely deaf.
- Cannot speak.
- Have a disability, or have suffered an injury, which has a long-term effect on your ability to walk.
- Are without the use of both arms.
- Have a learning disability, that is, a state of arrested or incomplete development of mind that includes significant impairment of intelligence and social functioning. These disabilities must have started before adulthood and have a lasting effect on development. Conditions such as dyslexia, dyspraxia and ADHD are not covered by this definition.
- People who, if they applied for a driving licence under Part III of the Road Traffic Act 1988, have this application refused under section 92 of the Act for a reason other than on the grounds of persistent misuse of drugs or alcohol.

### Apply at:

[www.norfolk.gov.uk/roads-and-transport/public-transport/buses/concessionary-travel-pass/disabled-travel-pass](http://www.norfolk.gov.uk/roads-and-transport/public-transport/buses/concessionary-travel-pass/disabled-travel-pass)

Norfolk County Council offers **companion enhancement** for disabled travel pass holders.



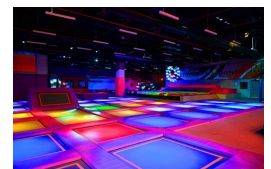
If you need assistance to access and travel on public transport, you may be entitled to the companion enhancement to your pass. To be eligible for a companion pass, you must be unable to walk to a bus stop, or get on or off a bus without assistance. A companion can be anyone (a carer, friend, relative etc.) of bus fare paying age and it doesn't have to be the same person for each journey.



Trampolining has been shown to help people with a wide range of sensory, developmental and physical disabilities.

Gravity run tailored Disability Sessions that offer a completely dedicated yet fun environment with sensory engagement in mind, offering therapeutic exercise to people which have a wide variety of disabilities and additional needs. They also have a range of specialist equipment available for use during classes such as sensory tents and apparatus.

In their Reduced Sound & Light sessions, the whole park and its facilities are made exclusively available to members of recognised disabled groups and societies and caters for a wide range of disabilities.



The Norwich site is based at Riverside Entertainment Centre at NR1 1WT.  
For more information: [www.gravity-uk.com](http://www.gravity-uk.com)



We have been told about an opportunity for people aged 18 or older to have fun meeting new people.

The BUILD Charity are putting on social nights for people aged 18 or over with disabilities.

Their FUSE Party Nights will be held at The Waterfront in King Street in Norwich NR1 1QH.

- The social nights will be on: Thursday 28th April
- Friday 27th May
- Thursday 30th June
- Thursday 28th July



The social nights will cost £5 or £2.50 for BUILD Gold members.

Up to two carers per person can go in free of charge.

There will be people from BUILD there, as well as security guards and people working at the bar in case there are any problems. Please be aware that they won't be able to provide direct care or support. If you want to come but need direct care or support, please bring a carer with you.

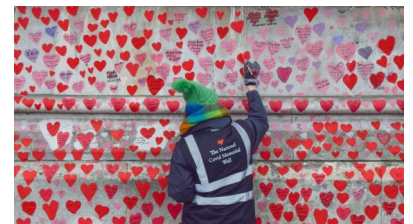
You can find out more by going to the BUILD website at:

<https://www.buildcharity.co.uk/news/fuse-live-at-the-waterfront-in-norwich>

## WHAT ARE THE UK'S "LIVING WITH COVID" PLANS?

The government set out its "Living with Covid" plan earlier this year.

- If you test positively for Covid, you are no longer legally required to self-isolate, but you are advised to stay at home and avoid contact with others for at least 5 full days.
- Masks are no longer legally required in most public spaces - although they are still required in healthcare settings, such as GP surgeries, hospitals and care homes.



From 1st April 2022:

- Lateral flow tests will no longer be free, except for the over 75s and over 12s with weakened immune systems - everyone else will have to buy them from pharmacists or other retailers.
- The NHS Covid pass will no longer be recognised as a "vaccine passport" within the UK. From 18th March, you will not need to take any Covid 19 tests or fill in a passenger locator form when travelling to the UK from abroad. These changes apply whether you are fully vaccinated or not.

Over 75s and people with a weakened immune system are also being offered an extra Covid booster jab this spring, six months after their previous dose.

There are still steps you can take to reduce the risk of catching and spreading Covid:

- Get vaccinated.
- Let fresh air in if meeting indoors, or meet outside.
- Consider wearing a face covering in crowded, enclosed spaces.
- Get tested if you have Covid 19 symptoms, and stay at home if positive.



## SPECIAL CELEBRATION DAYS IN APRIL 2022



1st, April Fool's Day

2nd, World Autism Awareness Day

3rd, Annual Boat Race (Oxford v Cambridge University Boat Clubs)



9th, Unicorn Day

15th—18th, Easter weekend



18th, World Heritage Day (or International Day for Monuments and Sites)

22nd, Stephen Lawrence Day (started by his Foundation as a celebration of his life and legacy)



23rd, St. George's Day

25th, World Penguin Day



25th, ANZAC Day (originally devised to honour the members of the Australian and New Zealand Army Corps who served in the Gallipoli campaign during WW1)



30th, International Jazz Day

This has been held every April, since 1992, to increase public awareness about both the causes and cures for our modern stress epidemic.

As we emerge from the pandemic, it's vital that the community support experienced by many people during this challenging time continues. Although restrictions have mainly been lifted, people need support now more than ever as they adjust to a new way of living.

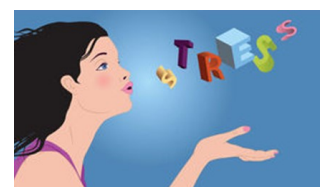
The pandemic has had a hugely detrimental effect on the nation's mental health and sense of community. Disrupted social lives, the cancellation of large gatherings, travel restrictions and working from home have kept us in one place for long periods of time. However, one of the positives to emerge from this unparalleled situation has been the community spirit and support shown by so many to so many.

According to the Mental Health Foundation, 74% of UK adults have felt so stressed at some point over the last year, they felt overwhelmed or unable to cope.

What could you do for Stress Awareness Month?

- Talk about Stress and it's effects – let's work together to reduce the stigma associated with stress by talking about it openly and freely with friends, family and colleagues.
- Share your coping mechanisms – if something has worked for you, it might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.
- Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime, so treat others going through it with compassion and empathy.
- Look after yourself – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.





Start dates for clubs and drop in sessions will be published here and members notified directly when we have information on re-opening dates:

**DROP INS in Dereham and Cromer,**  
**SATURDAY CLUBS in Dereham and Swaffham,**  
**GATEWAY CLUB**

## FAMILY CARERS MEETINGS

After a break of a few months,  
the next meeting will be on  
**Wednesday 20th April**



Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

**Dereham Memorial Hall, 62A Norwich Street, Dereham**

*Hand sanitisers and facemasks will be available at these meetings if needed.*

*We look forward to welcoming old members back and seeing new faces too.*

## STEPPING OUT CLUB



Meetings take place at Church House, Church Street, Dereham on two Thursdays each month, 7.30pm — 9.00pm with a £1.50 entry fee

**April meeting dates are:**

**Thursday 14th April at Church House**  
**& Thursday 28th April visit to Strikes for bowling**

Produced by 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)