



CoronaVirus (Covid-19)

As most of you are aware, the Coronavirus has spread across the world with outbreaks of the virus here in the United Kingdom. We are monitoring the situation closely and it's risks on a daily basis with the information provided by the NHS and Government.

Life is to change in Britain completely in the upcoming months. The government is urging people to work from home and avoid non-essential travel and large gatherings of people of 50 or more, but expect that number to be reduced to help combat the spread of the virus.

Here at Mencap, we have implemented the following as we go to print. We will constantly be reviewing the situation and let you know when our clubs and meetings will resume.

The following Clubs/Meetings have been cancelled.

Stepping Out Club: Gateway Club: Family Carers: Cromer Drop-in, Dereham Drop-in and the Saturday Clubs at Dereham and Swaffham.

Currently there is no specific treatment for the Coronavirus. Antibiotics do not help, as they do not work against viruses. You need to stay in isolation, away from other people until you have recovered. Stay informed of the latest information on the Coronavirus outbreak, which is available to watch and listen to on national television, many radio broadcasts, through your National and Local Public Health Authority and from your employers. Follow their advice on how to protect yourself.

- The Corona Virus spreads mainly from person to person, between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

Most people who become infected experience mild illness and recover, but it can be more severe for others, particularly those over 70 or with underlying health issues. You can help to take care of your health and protect others by doing the following:



Wash your hands Frequently:-

Regularly and thoroughly clean your hands with an alcohol-based rub or wash them with good old soap and water, paying particular attention to the nails and back of hands and wrists for a good 20 seconds at the very least. This will help eliminate the viruses that may be on your hands. Contaminated hands can transfer the virus to your eyes, nose and mouth.



Wash hands frequently with soap and water or use a sanitiser gel

Maintain social distancing:-

Of at least 2 metres (6 feet) between yourself and anyone who is coughing or sneezing. Avoid touching your face, eyes and mouth if someone coughs or sneezes close to you as small droplets are sprayed from their nose or mouth and can enter your airway.



Work at home where possible and avoid social venues



Catch coughs and sneezes and throw away used tissues



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Treatment for Coronavirus:-

Stay at home and self isolate for 14 days if you have CORONAVIRUS symptoms:- If you feel unwell, if you have a fever, (high temperature), cough, (coughing repeatedly) and have difficulty breathing. Follow the directions of your Local Health Authority. **DO NOT** go to a GP surgery, pharmacy or hospital. At present, we are being encouraged to phone 111 first if **symptoms worsen**. A medical professional will give you help on what to do next. You do not need to inform them if you are staying at home. (self isolating). Drink plenty of water and take everyday painkillers, such as paracetamol to help with your symptoms.

Should I avoid shaking hands with people. How should I greet another person to avoid catching the new CORONA VIRUS ?

To prevent the Corona Virus spreading, it is safest to avoid physical contact and shaking hands



SAFE GREETINGS INCLUDE A WAVE, A NOD OR A BOW

Is wearing rubber gloves while out in public a good way of preventing the CORONA VIRUS?

NO... You can still pick up the CORONA Virus on the rubber gloves. If you then touch your face, the Virus goes from your gloves to you face and can infect you.



Washing your bare hands for at least 20 seconds really well will offer you more protection against the virus than rubber gloves.

How do I protect others from getting sick?

Avoid close contact if you are coughing and have a fever.



Avoid spitting, when out in public



If you have a fever, cough and difficulty breathing, seek medical care early and do let them know of any previous travel history in the past 2 months outside the U.K.

Coronavirus Symptoms



Cromer Drop-In

Here are a few photos of the craft sessions at Cromer these past few weeks. Each member made a tripod flower display using bamboo canes, string and wool then cutting and folding cup cake cases into flowers and fixing into place for a lovely table top display.

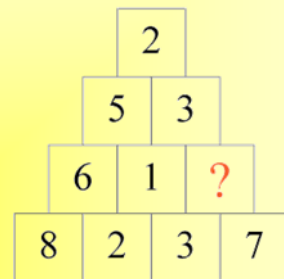


Mini Letter Suduko
Using letters B.E.A.R. only complete the grid below

B			
A	E		R
E			B
		A	

Answers at bottom of page

Pyramid
What number is needed to complete the pyramid?



What is the missing letter?

B	D	2
W	?	3
C	G	4
A	K	10

6	+		=	14
+		+		+
	+	9	=	
=		=		=
	+	17	=	30

Which four numbers will complete this addition puzzle?

Mini letter suduko solution

R	B	A	E
E	A	R	B
A	E	B	R
B	R	E	A

Pyramid Puzzle: The answer is 4. 4 is the difference between 3 & 7 in this puzzle
 Addition Puzzle: The answer is 13, 8, 7, & 16.
 Missing Letter Puzzle: The answer is Z. W plus 3 is 26, or z in this letter and number puzzle

Norfolk Learning
Disability Services
Southern Locality Group
Meeting

TBC
10.30am-1.00pm

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



Norfolk Learning
Disability Services
Northern Locality Group
Meeting

9th June 2020
Meeting: 9.45—12MD

**Note: Change of meeting
venue— Now at
The Bayfield Centre
Kelling Hospital,
Old Cromer Road,
High Kelling, NR25 6QA**

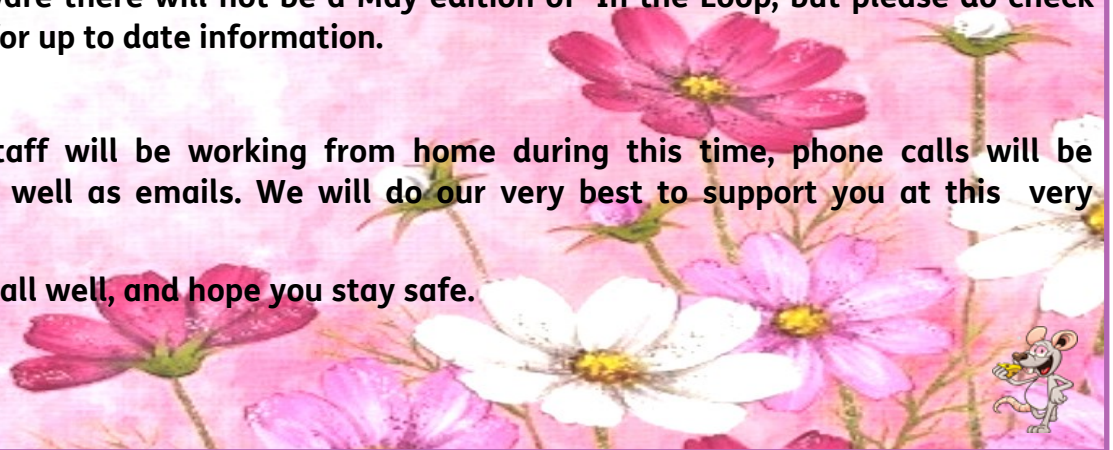
Office Closure

As we go to print, we are informing our members that we have made the difficult decision to close down the office at Tavern Lane due to the Coronavirus for the next 3 weeks at the least, and possibly longer, as we are fully complying with Government guidelines during these difficult times. As you can see from the content of the loop all our clubs and groups are also closed for the foreseeable future.

Please be aware there will not be a May edition of 'In the Loop', but please do check our website for up to date information.

The office staff will be working from home during this time, phone calls will be answered as well as emails. We will do our very best to support you at this very difficult time

WE wish you all well, and hope you stay safe.



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 £15.00 and an application form can be obtained from the Mid Norfolk Mencap office.

Tel: 01362 693013





North Norfolk

Summer Ball 2020

On

Saturday 6th June

6.30pm to 10pm

At

North Walsham Community Centre

New Road, North Walsham NR28 9DE

Come and Dance the Night Away

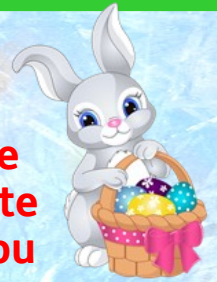
£7 members & £7 Carers

Cheques made payable to :

Mid Norfolk Mencap

Tickets available from 24th April

Saturday Clubs– April



Due to the Coronavirus, all meetings of the Saturday Club are cancelled with immediate effect until further notice. We will keep you updated and informed of the situation in the coming weeks

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 at Tavern Lane, in Dereham

Family Carer Meetings

The next Family Carers meeting is on



Due to the Corona Virus all future meetings are cancelled until further notice. We will constantly be reviewing the situation and will keep you updated on this.

Please join us between 10.30am—12.30pm at Dereham Memorial

Please note that all meeting dates for 2020 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

Drop In's

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

Unfortunately, due to the Coronavirus

We have cancelled both the Cromer and Dereham Drop IN sessions with immediate effect.

We will constantly be reviewing the situation and will keep you posted as to when the sessions will re-commence in the up coming weeks.

Stepping Out Club

Due to the Coronavirus, all meetings of the Stepping Out Club are cancelled with immediate effect until further notice. We will keep you updated and informed of the situation in the coming weeks

Meeting held at Church House
Church Street,
Dereham

7.30—9.00pm
£1 Entry Fee

Gateway Club

Due to the Coronavirus outbreak, the Gateway Club will be closed for at least the next 12 weeks— with immediate effect.

The decision will be reviewed in Mid June 2020.

Dereham Community Hub
Independence Matters,
Rash's Green, Dereham

7.00—9.00pm
£1 Entry Fee