



Netherley The Lings Summer BBQ



We would like to say an enormous thank you to everyone involved, who worked their socks off in arranging the very successful, fundraising BBQ at Netherley



beside Thorncroft Nursery on Saturday 6th July, in aid of our Sensory Room and Wellbeing project. A very special thank you to Jon and Ruth Gooch who hosted the event and to all members and volunteers who ran games, raffles, and stalls on the day.



Due to the uncertainty of the weather, (it had been raining during the first part of the day), It was decided that shelter would be needed and thus the BBQ took place in the nursery's polytunnels. The BBQ was great fun, with everyone enjoying an awesome burger and a scrumptious jumbo sausage, followed by strawberries and cream. The atmosphere could have not been more delightful.

The money from the ticket sales, drinks, raffle, Brenda's teabag game, guess the weight of the cake, Treasure map and the lawn games that took place, along with the addition of the generous donations received, raised an amazing **£728.76p**.



We would like to say a heartfelt **THANK YOU TO ALL.**



We Are Recruiting !!!

Mid Norfolk Mencap has several exciting posts open within our dedicated staff team, who support and encourage people with varying degrees of learning disabilities, to live the life they choose with independence and equality. Our residential home is very close to the busy market town of Dereham. We also provide a Community Outreach Service, which also has posts available

Full Time (37 hours), Part Time (Various), Bank Hours available

Typical shift patterns: 7am-3pm/3pm-10pm/Nights 10pm-7am

Community Shifts vary in times

We are keen to find individuals who share our vision and values. You may or may not be experienced, but we can offer a supportive journey through career progression, via induction, regular supervisions, learning and development with recognition of you as an individual.

Our Values:

We are Inclusive. People with learning disability are at the heart of everything we do.

We are Trustworthy. When we promise something, we don't let people down.

We are Caring. We treat everyone with respect and kindness.

We are Challenging. When we see things that aren't fair we will campaign until we see real change.

We are Positive. We never stop believing in a better future and we celebrate what we are proud of now.

Benefits? Mid Norfolk Mencap recognizes the fantastic work of their staff by offering some brilliant perks which include: enhanced rates of pay on Sundays and Bank Holidays, life insurance, pension, and 28 days holiday increasing to 30 after 2 years continuous service.

Rate of pay: £8.28 per hour in the residential service (£9.52 for Sundays and Bank Holidays) and from £9.00 per hour in the Community Outreach Service (enhanced rates for Sundays and Bank Holidays).

If you would like more information or would like to request an application pack, then please call Lorna or Anya on 01362 693013 for more details.

Just a Reminder

The Tavern Lane Office will be closed for the bank holiday on

Monday August 26th 2019



A new Online Community for families-Peer Support

Royal Mencap are officially launching a new 'online community' for families and people with a learning disability. Mencap's online community is a safe and supportive place to ask questions. The community is part of HealthUnlocked and is moderated by both Mencap's community staff (administrators) and health Unlocked.

Royal Mencap values and supports people with a learning disability. The new online community is a safe place for anyone with an interest in learning disabilities to share stories and experiences with their peers, ask questions and offer support. You might be a parent, a family member, a sibling, a friend or a person with a learning disability who would like to have a conversation online with other likeminded people.

Mencap are also planning expert online events where you can post questions for an expert to answer. The first of these is planned for early July, so keep an eye out.

When you write a post, you will be given the option for 'Anyone' to see the post or 'Only community members'. If you choose 'Only community members' then it will not be visible to anyone outside that community. Google will still pick it up but only part of the post will be visible. Bear in mind that many people who visit the online community are not members and will only read posts. They may benefit greatly from reading your posts so think carefully about restricting access to your post.

If you have any questions about the content on Mencap's Online Community, contact Mencap and they will do all they can to help. Email them on: community@mencap.org.uk

Register/ join the new online community for free on :-

<https://healthunlocked.com/Mencap>

There is also the option of using Twitter and Facebook to access the online community.

If you are worried about the safety and wellbeing of a member of the community, or someone they care for, please report it straight away using the report option. You can also get in touch with Samaritans at any time by calling 116 123



Bingo Nights

Mid Norfolk Mencap Proudly Announce
their Bingo Nights

on the last Friday of each month

from 7-9pm

All provided for the

grand price of £5

Come along, play bingo, eat chips,

Win →

and Have a great time at

1a Tavern Lane Dereham NR19 1PX

Doors open 6.45pm

Eyes down



Mid Norfolk Mencap 42nd Annual General Meeting

*We invite all of our members to attend our
Annual General Meeting on*

Tuesday 8th October 2019 at 6.30pm

Mid Norfolk Mencap, 1a Tavern Lane, Dereham,
NR191PX

**Guest speaker is Mr. Craig Chalmers, Director of
Community Social Work.**

Mr Craig Chalmers will be talking on the changes in
adult Social Care and how it affects adults with
learning disabilities and their family carers.

We look forward to seeing you there!

Refreshments available



Norfolk Learning
Disability Services
Southern Locality Group
Meeting

12th September
10.30am-1.00pm

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



Norfolk Learning
Disability Services
Northern Locality Group
meeting

10th September 2019
Meeting: 2—5pm

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



Arts and Craft
Holiday Club
Summer



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run From Monday 5th to Friday 9th August 2019 Inclusive,

From 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX

The cost per full day session is £10.00

or you

can book half day sessions for £5.00.



If you are interested in attending, please call Anya or Lorna on 01362 693013,

or email

info@midnorfolk Mencap.org



Please be aware that the Joan Mann's Sports Day takes place this year on Friday September 27th 2019.

Members from the Saturday Club and Drop in sessions will be attending on this day. This effects the Saturday Club at Dereham on the 21st September and the Drop-in session on Friday 27th September. Therefore, please note: There will **NOT** be a Drop In session on Friday 27th September, nor a Saturday Club session on Saturday 21st September.



North Norfolk Summer BBQ & Disco

We are pleased to invite you to the Summer Disco on
Saturday 21st September 2019
from 6.30pm-10.00pm at Gresham Village Hall

A BBQ will be provided and we will be entertained
by a disco

Tickets: £7 for members & £7 for carers

Tickets available until Monday 20th August.

Please call the Mid Norfolk Mencap Office for further details on
[Dereham 01362 693013](tel:01362693013)



Peter Beales Garden Centre

We would like to say an earnest, and sincere thank you to the Peter Beales Nursery, who very kindly offered to support us by running a tombola with all proceeds going to Mid Norfolk Mencap at their Rose Festival Weekend in late June of this year. We are extremely pleased to inform our readers, all the donations and monies raised from the tombola over the weekend totalled a wonderful £467.64. I am sure I speak for all in saying a huge 'Thank You' for all their hard work. The proceeds are a very welcome addition to our fundraising efforts and their donation will unequivocally enhance our sensory room project.



Saturday Clubs– August

Swaffham - 3rd August— BBQ

Dereham - 17th August— Enjoying a picnic



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



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 14th August 2019

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.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



Please Note:

We will not be running Thursday Drop-in sessions on the following dates in August:-

8th /15th / 22nd / 29th 2019

We will reconvene on Thursday September 5th 2019.

Stepping Out Club

5th August —Sponsored walk
12th August —No Meeting
19th August—No Meeting
26th August—No Meeting due to the Bank Holiday

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

£1 Entry Fee

Gateway Club

The Club is closed throughout August and will re-open on Wednesday 4th September 2019

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

7.00—9.00pm

£1 Entry Fee

