



August
2021
Issue



SUMMER BBQ FUNDRAISER



We would like to say an enormous thank you to everyone involved in arranging this year's Summer BBQ on 24th July. With the year we have all had and last year's BBQ not going ahead, it certainly was good to see people gathered safely together enjoying the event.

A special thank you to Jon and Ruth Gooch who hosted the event in their beautiful garden once more, and to all members and volunteers who cooked, donated prizes or ran games & stalls on the day. We couldn't do it without you! The rain kept away so all the games could take place outside.



The BBQ was great fun, with everyone enjoying a burger and sausage cooked by Jon, Peter and Gareth, followed by strawberries and cream.



Money from the ticket sales, drinks, raffle and the great assortment of games (and the kind donations received from people who couldn't make it) raised an amazing **£817.79** as we go to print.

SEE YOU ALL NEXT YEAR!



We would also like to thank the following for kindly donating to

our raffle:

Felbrigg Hall, Banham Zoo,
Dotty Pottery, Gressenhall,
Thursford Collection and
Thrigby Hall.



MORE BBQ PHOTOS NEXT MONTH....

NEWS AND EVENTS



Our Breckland Lottery was created in 2018 by Breckland Council to support community projects in the local area and operates on the principle of raising money within the community for the community.

In a time of shrinking budgets and increased community need, Our Breckland Lottery enables people to support the causes they care most about, helping good causes to connect with their supporters.

By playing this weekly lottery, you are supporting Breckland - it's that simple!

Mid Norfolk Mencap is one of the charities that you can choose to support. Each ticket has a **1 in 50** chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery. A ticket for Our Breckland Lottery costs £1 a week and 60p goes directly to local charities, community groups and other good causes!

For each ticket sold on our page:

- 50p will come to us
- 10p will go to a general fund, which Breckland Council will distribute locally as grants
- 20p will go to the lottery prize fund, with the top prize of £25,000
- 20p will go to running costs and VAT

There is a draw every Saturday night and prizes are given to players with tickets that match the first or last 2 to 6 numbers from the winning combination. Match all six and you win the jackpot!

Results are posted on their website, Facebook and Twitter and winners are advised directly.

Please visit their website and support us at:

www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap



Important Notice

The Mid Norfolk Mencap office will be shut for the Summer Bank Holiday Monday 30th August 2021



CLUBS AND GROUPS UPDATE

I am sure all members are raring to get back to the clubs and groups, and we cannot wait to see everyone! However, as an organisation, we are erring on the side of caution at present and taking things one step at a time.



Whilst we have had the so-called “Freedom Day”, Covid-19 cases continue to climb, and Mid Norfolk Mencap has a responsibility to keep all its staff, volunteers, and service users as safe as is possible. Not much has changed at our office at Tavern Lane, we are still adhering to strict handwashing, temperature checks and wearing facemasks, and will continue to do so whilst we get a measure of how things are panning out over the next few weeks.

The country is at a critical point in the pandemic, and we will be watching things very closely during the month of August. It will be my hope that we should see the start of some clubs and groups during the autumn, like Dereham Drop-in and the Saturday Clubs. However, it will be down to the club leaders and volunteers of individual groups like Gateway Club and Stepping Out Club, as to when they feel re-opening is safe enough.

When decisions have been made, letters will be sent to club members confirming re-opening dates and providing information about what to expect regarding Covid-19 safety.

This has been, and continues to be, a challenging time for all, and I thank you for your continued loyalty, patience, and support.



I look forward to seeing you all soon!

Anya

EASTER WINNER GOES TO GRESSENHALL

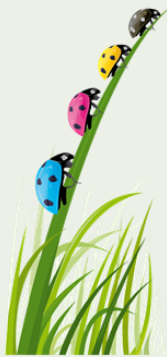
Pam is the first of the two prize winners to use their winner's day pass from the Easter colouring competition to visit Gressenhall Farm and Workhouse. She went accompanied by Mark, one of our Community Support Workers on 21st July. One of Pam's favourite animals is horses so she was very excited when one of the Suffolk Punches was brought out especially for her.



CORONAVIRUS REMAINS A SERIOUS HEALTH RISK

It is important to stay cautious and help protect yourself and others. In England:

- Meet up outside or, if you're indoors, open windows or doors if you have visitors.
- If you think you might have COVID-19 symptoms, take a PCR test and stay home.
- Wear face coverings in crowded places to help protect others.
- Check in with the NHS COVID-19 app when you're out.
- Wash your hands regularly and for at least 20 seconds with soap.
- Get vaccinated if you are 18 or over.



GARDENING BUG



Whoever your gardening hero is, Percy Thrower, Alan Titchmarsh or Monty Don, they would all be proud of the efforts of our residents at Merle Boddy House.

Strawberries, raspberries, redcurrants, blueberries, rhubarb and cucumbers were planted. This was made possible by the kind donation of £40 from The Friends of Merle Boddy House.

The residents loved helping and getting their hands dirty and hope to enjoy the fruits of their labour soon.





FAMILY CARERS GROUP MEETINGS ARE BACK ON

With lockdown restrictions now lifted, monthly meetings **will be** resuming with the first meeting since last year taking place on

WEDNESDAY 11th AUGUST.

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.

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

Future dates:

Wednesday 8th September

Wednesday 13th October

Wednesday 10th November

Hand sanitisers and facemasks

will be available at these meetings if anyone needs them.



Dereham Memorial Hall, 62A Norwich Street, Dereham NR19 1AD

#KeepYourPromiseBoris

Join Mencap and the Care and Support Alliance to send an important message to the Prime Minister.



On Boris Johnson's first day as Prime Minister, he promised to "fix the crisis in social care once and for all". Over 700 days later, we're still waiting for his plans. Millions of people are relying on him to keep his promise—from people with a learning disability, carers who need better support, and care workers who deserve better pay.

Two quick ways that you can get involved:
Tweet the Prime Minister or take the online action

It takes less than 5 minutes to send a pre-written message to your MP asking them to help make sure the Prime Minister keeps his promise and finally fixes social care. We need to remind Boris that lots of people with a learning disability need good quality social care to help them live happy and healthy lives.

Ask your MP to push their party leader to play their part so we can all get the care we need.

Go to: <https://keepyourpromiseboris.com>

SPECIAL CELEBRATION DAYS IN AUGUST 2021

23rd July—8th August, Tokyo Olympics (delayed from 2020)



National Fishing month

National Road Victim month

1st, Yorkshire Day



4th, International Owl Awareness Day

6th, Cycle to Work day



6th—30th, Edinburgh Fringe Festival

8th, International Cat Day

9th, Rice Pudding Day



10th—15th, National Allotments Week

10th—15th, Afternoon Tea Week

13th, International Left Handers Day



13th, National Prosecco Day

24th, National Plum Day

24th August—5th September, Tokyo Paralympics



28th, International Bat Night



30th, Summer Bank Holiday

DONATIONS AND LEGACIES

We have recently been very lucky and humbled to receive two legacies from members in their wills, together with some smaller donations from friends of the charity who were unable to attend our recent BBQ.



We appreciate the amazing kindness and generosity shown when others remember us.

Leaving a gift in your will is one of the biggest differences you can make to help people with learning disabilities live life as fully as they can. When we make our wills, we naturally want to make sure our loved ones are cared for, but through this action you can also leave something special to the many in the learning disability community.

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



Our room creates a wonderful sensory environment and allows clients to relax in a calm space. We have bubble tubes and fibre optics, along with bespoke bench seating and floor pads for protection, colour changing mood lighting, an interactive wireless sensory cube and recordable speaker.

SENSORY ROOM BOOKINGS

Get in touch with the office to book a slot in our amazing Sensory Room as we are now taking advanced bookings for later in the summer.

Time in a sensory room helps improve visual, auditory and tactile processing, as well as fine and gross motor skills. By providing a sense of calm and comfort, sensory rooms can help children and adults learn to self-regulate their behaviours, which ultimately improves focus.



Please call Sarah or Anya to book your space on 01362 693013

Room hire is charged at £10 per hour and is open to all in the community.

HEARING SUPPORT SERVICE

Hear for Norfolk's hearing support service (hearing aid maintenance and support) assists people of all ages who have been issued with NHS hearing aids by local hospitals (Norfolk & Norwich University Hospital, James Paget University Hospital, Cromer Hospital, Queen Elizabeth Hospital and West Suffolk Hospital), as well as independent providers (Specsavers, Scrivens and the Outside Clinic).



They are also able to support people who have moved to Norfolk and are wearing NHS hearing aids issued by other hospitals in the country. No formal referral is required to access this service. Despite these ongoing challenging times, the community-based and mobile clinics are continuing to run, although on an appointments-only basis. Hearing aid supplies can also be sent by post, where possible and while stock allows, with guidance on how to replace the tubes, domes and batteries.

In exceptional circumstances, for home-bound people, home visits using a 'door-step' approach can be arranged to carry out the maintenance of hearing aids, adhering to social-distancing guidelines and using appropriate personal protective equipment (PPE).

To book an appointment, ring 01603 404440 or email: nda@hearfornorfolk.org.uk

DROP INS

We still with no definite start dates for the Cromer Drop In sessions or the Gateway and Stepping Out clubs.

We will keep you posted as to when the sessions will start again.

CROMER
Usually on Thursdays
1.00pm — 4.00pm
at
Merchants Place,
16 Church Street,
Cromer
NR27 9ES
£5 entry fee



DEREHAM
Usually on Tuesdays
and Fridays
10.00am — 2.00pm
at
1a Tavern Lane,
Dereham
NR19 1PX
£4 entry fee

STEPPING OUT CLUB

We will let you know as soon as meetings of the Stepping Out Club are returning.

Meetings usually held at:
Church House
Church Street
Dereham
7.30—9.00pm

£1.50 Entry Fee



GATEWAY CLUB

We will let you know as soon as meetings of the Gateway Club are returning.

Meetings usually 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
Website: www.midnorfolkmenca.org