



In The Loop



**On Saturday 9th July,
a wonderful evening
was spent at the Summer
barbecue fundraiser in aid of
Mid Norfolk Mencap**

An amazing £1,400 was raised!!



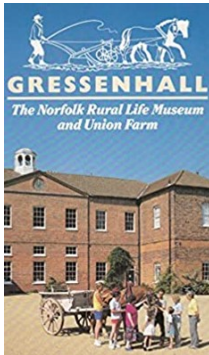




A BIG THANK YOU GOES TO.....

Jon and Ruth Gooch for again hosting the annual barbecue in their garden in Reymerston. We also thank their family members and our staff that helped on the night to make it such a success.

Thank you to all the companies, big and small, that donated prizes for the raffle and game prizes, plus Morrisons who generously donated all the rolls and drinks for the event:



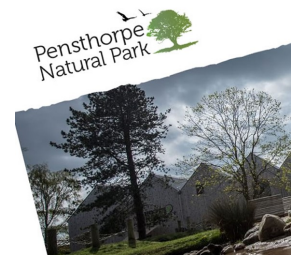
**National Trust
Felbrigg Hall**



Gressenhall Farm & Workhouse Museum

Pensthorpe Natural Park

Thrigby Hall



Thursford Collection



Dereham Leisure Centre

Morrisons



The following local companies donated directly to Merle Boddy House for their individual Tombola and games for prizes:

- Big Fry of Dereham**
- JD Cleaning Services**
- Myhills of Dereham**
- Strikes Bowling**
- The Works in Dereham**



BEAT THE HEAT

Although most of us welcome the summer sun, high temperatures can be harmful to your health.

In one hot spell in August 2003 in England and Wales, there were over 2,000 extra deaths than would normally be expected. The heat can affect anyone, but some people run a greater risk of serious harm. As our climate changes, hot spells are expected to be more frequent and more intense.

PLEASE LOOK AFTER YOURSELF.

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, cut back on alcohol & caffeinated drinks



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave



SUMMER BANK HOLIDAY CLOSURE

The Office and Community Outreach Service will be shut on Monday 29th August 2022.

We'll be back open on Tuesday 30th August.

SAVE THESE DATES IN YOUR DIARY



Our AGM takes place here at the Tavern Lane offices on **Tuesday 4th October 2022 at 6.30pm.** Our guest speaker will be Craig Chalmers, Director of Community Social Work, Adult Social Services.

We look forward to seeing you there!

Refreshments available

The Christmas Disco returns on **Friday 2nd December 2022, 7.30pm to 11.30pm,** at Swanton Morley Village Hall.

Christmas raffle & nibbles provided.

Further details to follow.



HOW MIGHT THE COST OF LIVING CRISIS AFFECT YOU?

The cost of essential things like food, gas, electricity and fuel are going up quickly. Some people are being asked to pay more for their care as well.



As wages and benefits aren't going up as quickly, paying for the things you need might become much more difficult.

HOW IT MIGHT AFFECT ME?

- Your money from wages or benefits may not cover as much as usual.
- You might find it harder to pay for food.
- Your weekly shopping might cost more than usual. This might mean you have to buy less.
- You may find the cost of energy to light and heat your home becomes more expensive.
- In October, the energy price cap changes. This means that energy companies will charge you more for gas and electricity during the winter. This is when most of us need to use more energy to keep our homes warm, or to cook hot food.

If you are finding it difficult to pay for essentials, Mencap have created some easy read information about the cost of living crisis. They also have information about the other organisations that can help.

Advice and support:

The Mencap helpline provides free advice and information for people with a learning disability and their families and carers, as well as where you can find help locally.

You can call them on:

0808 808 1111 (10am to 3pm Monday to Friday)

The Learning Disability Helpline is a very busy service, and they help as many people as they can. If you send an email or use their online form, they will get back to you as soon as possible.

Email: helpline@mencap.org.uk

Or visit: https://www.mencap.org.uk/contact/contact_mencap_direct
and use their online form.



They have produced an **Easy Read Guide** explaining the cost of living crisis. This can be found at:

<https://www.mencap.org.uk/sites/default/files/2022-06/Cost%20of%20living%20crisis%20ER.pdf?positionid=3>

SPECIAL CELEBRATION DAYS IN AUGUST 2022



Commonwealth Games in Birmingham (28th July to 8th August)

Edinburgh Festival Fringe, 5th to 29th

Notting Hill Carnival, 27th to 29th



3rd, Italian explorer Christopher Columbus set sail on his first voyage in 1492 to the Canary Islands.

8th, Great Train Robbery in 1963.



12th, the Model T Ford, known as the Tin Lizzie and the first mass-produced car went on sale in 1908.



14th, Falklands Day commemorates the first sighting of the Islands in 1592 by English explorer John Davis.

15th, India and Pakistan gained independence from Britain in 1947.



15th, Corporal punishment in schools is officially banned in Britain in 1987, except in independent schools in the private sector.



26th, International Dog Day

28th, Martin Luther King, American civil rights campaigner, made his famous "I have a dream" speech in 1963.



DRAFT MENTAL HEALTH BILL

On 27th June, the Government published the draft Mental Health bill which will reform the Mental Health Act 1983. Right now, more than 2,000 people with a learning disability and autism are locked away in inpatient units. Mencap and partners have been campaigning to stop the inappropriate detention of people with a learning disability in inpatient units and ensure the right community support is developed. Currently people with a learning disability can be detained in inpatient units under the Mental Health Act for displaying behaviour that challenges and not because they have a 'mental health' problem. The new draft Mental Health Bill could help many of those people when it gets passed into law.

Changes to the Mental Health Act are an important step, but there is still much campaigning left to do including:

- to make sure the Mental Health Bill is strong enough to deliver the change needed for people with a learning disability and/or autism.
- to make sure the Government's action plan for Homes not Hospitals delivers on the Government's promise to ensure people with a learning disability and/or autism get the right support in the community and are not inappropriately detained in inpatient units. The Government has committed in the NHS long term plan to close 50% of inpatient beds for people with a learning disability and/or autism by 2024.

Here's the link to the draft Mental Health Bill:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1085870/draft-mental-health-bill-print-ready.pdf



DROP INS (Dereham and Cromer)

SATURDAY CLUBS (Dereham and Swaffham)

GATEWAY CLUB

We know you are all waiting patiently for these clubs and drop in sessions to re-open. We are working hard on finalising details regarding staffing, days and locations.

Information will be published here and on our website. Members will be notified directly too.

We are hopeful for the autumn. Watch this space!

STEPPING OUT CLUB

The new venue for our meetings is now:

**At Mid Norfolk Mencap premises
1A Tavern Lane, Dereham NR19 1PX**

We meet every second and fourth Thursday evening from 7.30pm to 9pm with a £2 entry fee (plus money for the tuck shop).

**The next planned meeting dates are:
Thursday 11th August & Thursday 25th August 2022**

COME & JOIN US

We are always looking for new members to come along and it's a great way to develop new friendships.

We try to organise a different activity every week.

We play bingo and board games, go bowling, and have music and craft sessions, or organised trips.

The club is struggling to keep going and if new members or volunteers don't join us, we will be very sad to have to shut.

FAMILY CARERS MEETINGS

The group have cancelled their organised meeting dates for now and hope to have a date set for September soon, venue to be decided.

Their fundraising garden party on 19th July had to be called off because of the heat and was rescheduled for 26th July.

Please contact either Pauline Drury or Sue Rimmer for more information.

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suerimmer10@btinternet.com

