



August 2020 Issue



IT'S SUMMER.....



LOOKWhat About.....

If you are bored and fed up of watching the television or reading books, or simply sitting twiddling your fingers, then do something a little different and think of having a go at our general knowledge quiz, in this month's Loop edition. We thought it might be fun to spend a little time out of your day, to enter into our family friendly quiz. It will help time pass. There will be a prize for the first correct entry pulled out of the hat here at Tavern Lane.

We have enclosed a separate quiz sheet in each issue for you to complete along with your name and address for you to return to us at Tayern Lane.

It is completely free to enter.... Just the cost of a stamp to return your entry to us. Not much else is free in life eh?

Go On.... Have a go.....





BIRDWATCHING CAN BE FUN....

Whilst we are still spending lots of time at home, how about spending some time bird watching? Try looking out of your window to see how many different birds visit your garden, I often see pheasants in mine. However, I have chosen 6 common visitors to

our homes. You will almost certainly see many other types of birds not listed here but just for fun, why not use the tally table below to record each time on of the pictured birds here below visit your garden in 1 week. Which bird is the most frequent visitor in your garden?





Collared Dove

Starling

Blue Tit

Magpie



Great Tit



Goldfinch



Wood pigeon



Blackbird





Blue Tit																		
ROBIN																		
Collared Dove																		
Great Tit																		
Goldfinch																		
Wood Pigeon																		
Blackbird																		
Starling																		

Look carefully at the jumbled words below and try unscrambling as many words as you can. Good Luck!

 TAC......
 ABT......
 DGO......

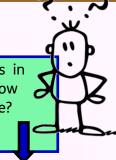
 WOL.....
 TAR.....
 FXO......

 DREE....
 OCW......
 SOUME.....

ORHSE..... EADGBR.....

Spot the differences in this sea picture. How many can you see?

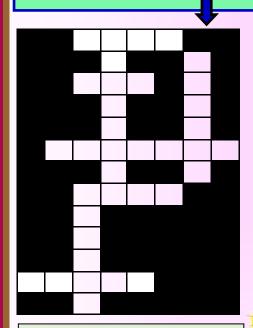
There are 7



Animal Word Scramble

Word Fit Puzzle

Can you fit all the words into this puzzle? You need to fill the empty crossword puzzle with the given words listed below.

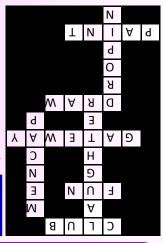


3 letters	6 LETTERS
FUN	DROPIN
	MENCAP
4 Letters	7 Letters
CLUB	GATEWAY
DRAW	
5 Letters	8 LETTERS
PAINT	LAUGHTER









TAC = CAT ABT=BAT DGO = DOG

WOL=OWL TAR =RAT FXO =FOX

DREE=DEER OCW = COW SOUM =MOUSE.

GIP = PIG ORHSE = HORSE. EADGBR

Word Scramble Solution

Norfolk Learning
Disability Services
Southern Locality Group
Meeting

Cancelled till further notice

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

Norfolk Learning Disability Services Northern Locality Group Meeting

Cancelled until further notice

Note: Change of meeting venue— Now at

The Bayfield Centre Kelling Hospital, Old Cromer Road, High Kelling,NR25 6QA

Another little something to craft if you have time on your hands whilst at home.

Description of activity	Craft – wool art, using thick PVA glue and wool to glue into various shapes and left to dry as a hanging or wall decoration.
Materials needed	Thick wool (A ball of multi-coloured wool is best here) Greaseproof paper (Must have) PVA glue (Do not dilute) scissors
Instructions	 Cut a piece of greaseproof paper (about the size of a chopping board (A3 sized)) Dip the length of thick wool into the thick undiluted PVA glue and lay / arrange on the sheet of greaseproof paper. Swirl the wool into a pleasing shape and leave to dry. (This will be the look of your finished article.) When DRY, peel carefully off the greaseproof paper and admire. The work of art if solid enough, can be strung up or hung on the wall.

		Sing your favourite song	What are you wearing?	What is your address?	Recite the Alphabet	START
		Everybody plays "Simon Says"	Talk about the weather today	Name five animals. Can you spell two?	What is your favourite film?	Talk about your family
ars		Oops.	Do you have a pet?	What's your favourite cartoon?	Go forward 5 squares	What books do you like?
pho I bub sedou	Snakes and Ladders	Make something nice for your friend	What do you eat for breakfast?	Talk about the weather today		What's your favourite food?
	י	Find three white things in your house	What is the name of the book you like best?	What is your favourite club to go to	Count from one to twenty	What is your hobby?
		Name 3 vegetables.	What is your favourite animal?	Do you like shopping?	Name 7 colours	Name four fruits
	Magaria	NOW NOV	Do you like helping other people?		What do you watch on T.V.?	What games do you like ?
	=	*	Why	spend a little time to play	this game	

Saturday Clubs-August

Due to the Coronavirus, all meetings of the Saturday Club are cancelled 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 Carers Meetings

The next Family Carers meeting is on

Due to the Coronavirus 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 Hall, we welcome new faces! We ask for a £2 donation to cover the cost of refreshments and room hire.

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@midnorfolkmencap.org

Website: www.midnorfolkmencap.org

ENS AND EVENTS

Drop In's

Unfortunately, due to the Coronavirus

We have cancelled both the Cromer and Dereham Drop IN sessions until further notice.

We will keep you posted as to when the sessions will re-commence in the upcoming weeks.

Cromer

Thursdays

1.00pm—4.00pm

Merchants Place

16 Church Street

Cromer, NR27 9ES

£5.00 entry fee

<u>Dereham</u>

Tuesdays and Fridays

10.00am—2.00pm

1a Tavern lane,

Dereham

NR19 1PX

£4.00 entry fee

Stepping Out Club

All meetings of the Stepping Out Club are cancelled due to Covid19.

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

All meetings of the Gateway Club are cancelled due to Covid 19.

We will keep you updated and informed of the situation in the coming weeks.

Meeting Held at

Dereham Community Hub

Independence Matters

Rash's Green

Dereham

7.00—9.00pm £1 Entry Fee