



In The Loop

Well it's that time of year once again and we at Mid Norfolk Mencap would like to take this opportunity to wish you much happiness for the festive season ahead.

Christmas is a time for families to be together and to value each other. However, it can be a very emotional time for some and we need to look out for those people and make sure everyone has someone.

With this time of year, also comes the seasonal coughs and colds, not to mention COVID which has become part of our lives. We are fortunate to have our wonderful NHS staff who continue to do the most fantastic job under extreme pressure to keep everyone up to date with their jobs. Please ensure to get these when they are offered so we can all do our bit to control the spread of these viruses and stay healthier.

The care sector is still struggling in recruiting staff and this is also the same still for social workers, which means more frustrations when you need extra help from Norfolk County Council.

Despite all these challenges, we have worked tirelessly to provide support to all we encompass. As an organisation, we need to be grateful as we have our amazing, dedicated staff team, residents, service users, volunteers, family and friends, and we thank you all for your tireless hard work and devotion to Mid Norfolk Mencap, we really do appreciate each and every one of you.

Going forward, Mid Norfolk Mencap will endeavour to meet new challenges and will continue to support and champion those with learning disabilities, their families and carers. As ever, we are fully dedicated to doing all we can to progress and grow into the future.

From the team here at Mid Norfolk Mencap, we wish you all a very

Merry Christmas and a Happy New Year

THE EVENT OF THE YEAR

MID NORFOLK MENCAP'S CHRISTMAS PARTY

Friday 13th December 2024

7.30pm - 11.30pm

at Swanton Morley Village Hall

“Tinsel Tim” will be back with his party music, snow machine and pom pom snowballs. Don't miss out, tickets are available now

Adult Tickets: £10 each

Price includes Christmas buffet and the bar will be open.

This year we have a VERY special guest coming!!



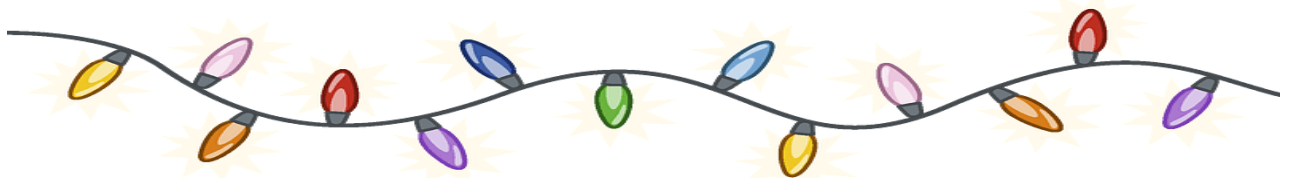
Tickets are selling fast so if you haven't ordered yours yet, now is the time to call or email the office and get them secured. Be sure to let us know of any dietary requirements for the night

Phone or email Vivienne at the Mid Norfolk Mencap office to get your name on the guest list for tickets:

Tel: 01362 693013

Email: vivienne@midnorfolk Mencap.org

We would prefer payments to be made by BACS. See below for our MNM NatWest bank details.



Payments to be made to

Account Name: Mid Norfolk Mencap

Account No: 56315503

Sort code: 60 – 07 – 47



And don't forget to pop into St Nicholas Church to take a look at the beautiful displays of Christmas trees. Mid Norfolk Mencap will have their own tree proudly on display.

All monies raised will go to Dereham Cancer Care and the Saint Nicholas' Building Project.

Two fantastic causes and all support will be greatly appreciated.

Dereham & District Gateway Club

Events Calendar - Autumn 2024

At the Meeting Point

4 St. Withburga Lane

Dereham

Fridays Term - Time 7pm to 9pm

(£2 per week)

22nd November - Zumba or Christmas Crafts

29th November - TBC

6th December - Christmas Crafts

13th December - No Gateway Club

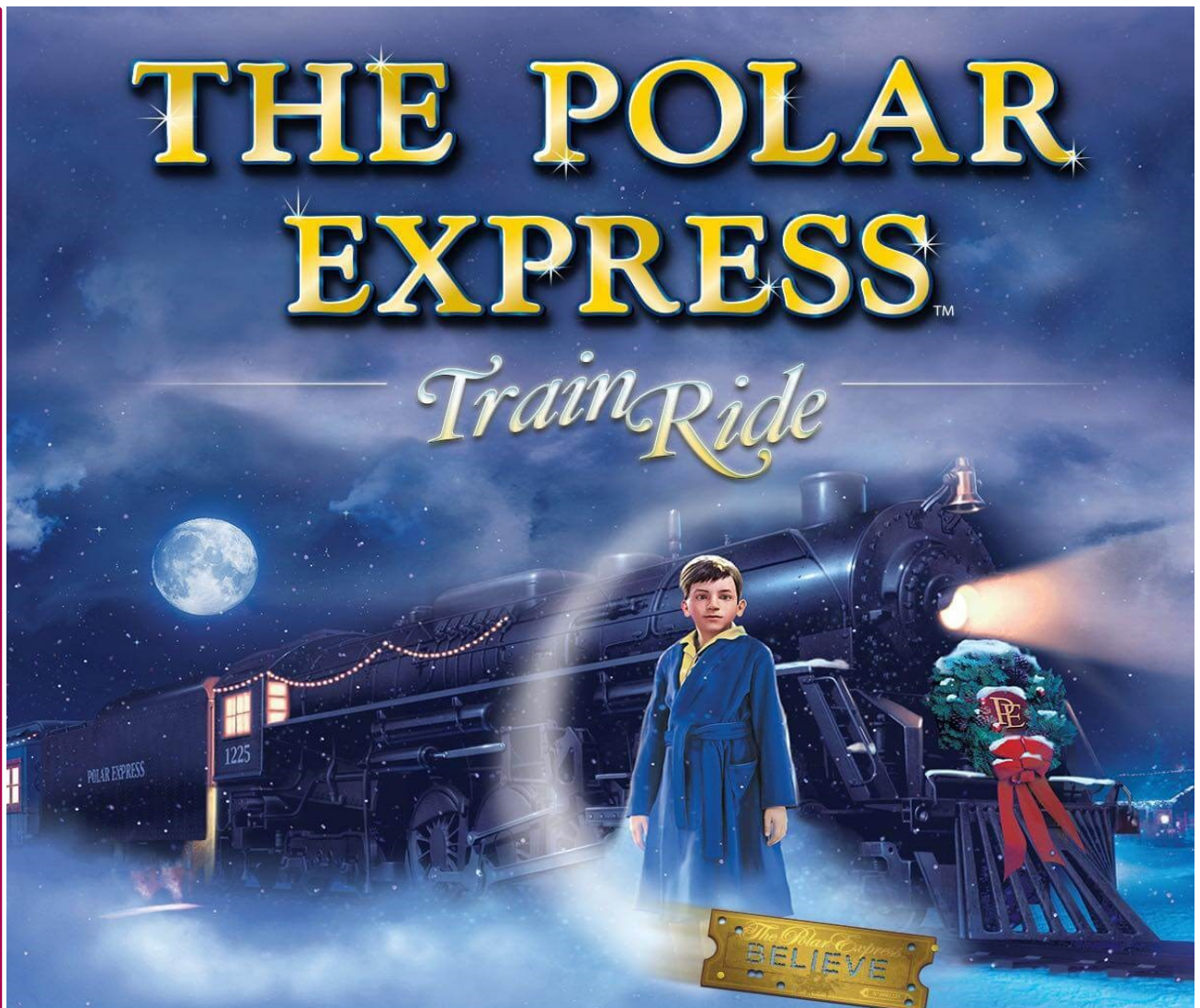
(Mid Norfolk Mencap Disco at Swanton Morley)

20th December - Gateway Christmas Disco

BREAK FOR CHRISTMAS

DATES FOR 2025 COMING SOON

**WE ARE ALWAYS LOOKING FOR VOLUNTEERS, SO IF YOU ARE INTERESTED,
PLEASE DO CONTACT THE MID NORFOLK MENCAP OFFICE ON
01362 693013**



THE POLAR EXPRESS™ Train Ride is returning to the Mid-Norfolk Railway this December with the magic of the 2004 motion picture THE POLAR EXPRESS™ being theatrically re-created so you and your family can be immersed in the sights, sounds and intrigue of this classic children's tale.

Prepare to be surrounded by the magic and wonder of the Christmas season!

So get ready for your train ride to the North Pole, enjoying a lovely mug of hot chocolate and a cookie. This promises to be a magical journey where you will be entertained by the Chefs and The Conductor onboard.

www.midnorfolkthepolarexpressride.com



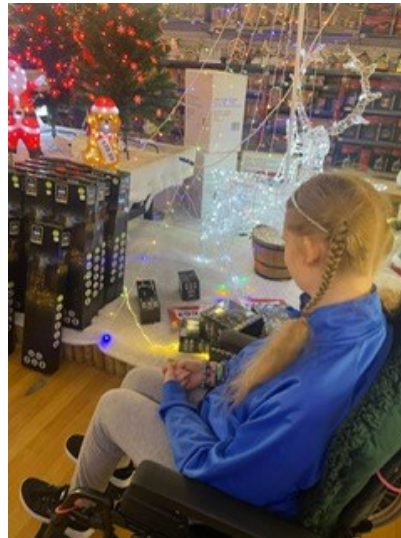
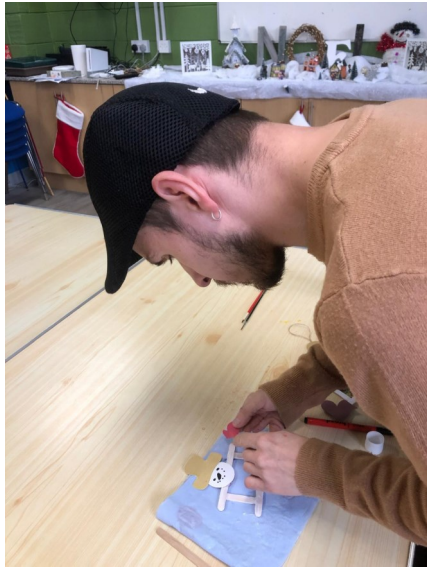
OUR LOVELY CLIENTS PICKING AND PREPPING THEIR PUMPKINS



AN ABSOLUTELY BUMPER HARVEST FROM MID NORFOLK MENCAP'S VERY OWN ALLOTMENT, THERE WERE PUMPKINS EVERYWHERE!! EVERYONE'S HARD WORK IN THE SUMMER REALLY PAID OFF



NOW IT'S TIME TO START GETTING INTO THE FESTIVE SPIRIT



A LITTLE QUIZ TO GET YOU IN THE FESTIVE SPIRIT



1. What colour is Santa Claus's suit?
2. Which country is credited with starting the tradition of putting up a Christmas tree?
3. Which reindeer has a shiny red nose?
4. What is the dog called in the film, *How the Grinch stole Christmas*?
5. In which modern-day country was Saint Nicholas born?
6. What drink is known as *milk's favourite cookie*?
7. What is gift is given on the 5th day in the song *The Twelve Days of Christmas*?
8. What fruit is traditionally placed in a Christmas stocking?
9. What type of tree is traditionally decorated at Christmas?
10. Name the song written by Irving Berlin and performed by Bing Crosby
11. Which Christmas film features a boy named Kevin who is left home and alone?
12. Which reindeer's name starts with the letter **B**?
13. What is traditionally placed on the top of a Christmas tree?
14. What decoration is round and often hung on doors at Christmas?
15. In *A Christmas Carol*, who is visited by three ghosts on Christmas Eve?
16. What is the name of the snowman who comes to life in the classic Christmas song?
17. What Christmas food is made with dried fruits and served as a cake?
18. What star sign are you if your Birthday is on 25th December?
19. What the traditional colours of Christmas?
20. Where does the Royal Family traditionally celebrate Christmas?

OFFICE

CHRISTMAS & NEW YEAR CLOSURE DATES

The Tavern Lane office will be closed from 5pm
on Monday 23rd December and will
re-open at 9am on Thursday 2nd January 2025.



**TURN TO THE LAST PAGE TO
SEE THE ANSWERS TO OUR
QUIZ.
GOOD LUCK**





NORFOLK AUTISM PARTNERSHIP

Here you will find a selection of events across Norfolk for those with Autism and their Parents and Carers. From regular support and social groups to one-day events!

CHECK OUT WHAT'S GOING ON THIS OCTOBER AT-
www.norfolkautismpartnership.org.uk



NORFOLK LEARNING DISABILITY PARTNERSHIP
www.norfolkldpartnership.org.uk



DATES ARE IN THE PROCESS OF BEING SECURED FOR NEXT YEAR AND WILL BE
UPDATED HERE JUST AS SOON AS WE KNOW THEM.



1. Red
2. Germany
3. Rudolph
4. Max
5. Turkey
6. Milk and Cookies
7. Five Gold Rings
8. An orange
9. A Fir Tree
10. White Christmas
11. Home Alone
12. Blitzen
13. A star or an Angel
14. A wreath
15. Ebenezer Scrooge
16. Frosty
17. Fruitcake
18. Capricorn
19. Red, Green and Gold
20. Sandringham Estate



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