

December
2017
ISSUE

# In The Loop



**Registered Office – Closure over Christmas** 

Christmas and a Happy and Peaceful New Year.
See you in 2018!!



The Office at Tavern Lane will be closing on Friday 22nd December and will re-open on Wednesday 3rd January 2018.



Norfolk Learning Disability Services Southern Locality Group Meeting

1st February 2018

10.30am-1.00pm

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

Norfolk Learning
Disability Services
Northern Locality Group Meeting
10.00am start

T.B.C.

Friendship Hall, Mill Road, Aylsham, Norfolk NR11 6DS

# Mid Norfolk Mencap

(also serving North and South Norfolk)

# Christmas Dance

Friday 8th December 2017

19.30pm—23.30pm

**Swanton Morley Village Hall** 

Dance the night away with

"Kenny and the Motives"

**Christmas Raffle** 

**Nibbles Provided** 

TICKETS £8.00

(Available from the Mid Norfolk Mencap Office)

Admission by Ticket Only.

**Mid Norfolk Mencap** 

1a Tavern Lane

**Dereham** 

**NR19 1PX** 

01362 693013



## Saturday Clubs—December

Swaffham - On 2nd December we are cooking Christmas themed cup cakes .



Dereham - On 16th December we will be having a fun Christmas Party for Swaffham and Dereham members.

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 on Tavern Lane, Dereham.

# Musical Keys Interactive Music Sessions

These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 10.30am-12.30pm and will cost £15 per session.



If you would like to attend the music sessions please contact Sallie on 01603 766690



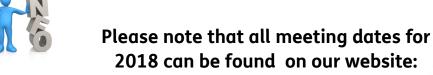


## **Family Carer Meetings**

The next Family Carers meeting is on Wednesday 13th December

We are having a Christmas Meal at the George Hotel, meeting at 12.00pm to sit down at 12.30pm.

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



# **Dereham**

Tuesdays and Fridays
10.00am—2.00pm
1a Tavern lane,
Dereham

NR19 1PX

£4.00 entry fee

### Cromer

**Thursdays** 

1.00pm—4.00pm

**Merchants Place** 

**16 Church Street** 

Cromer, NR27 9ES

£5.00 entry fee



Gateway Club
6th December—Christmas
Crafts
13th December—Christmas
meal at Greenstones
20th December—Christmas
Disco

Dereham Community Hub Independence Matters, Rash's Green, Dereham 7.00—9.00pm



Stepping Out Club
4th December—Carols with
Doreen
11th December—No meeting
18th December—Christmas
Party

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

25th December—No meeting

Merry Christmas & Happy New Year to Everyone