



We would like to wish all our members,
family-carers, volunteers, staff and friends a very Merry
Christmas and a Happy and Peaceful New Year.
See you in 2018!!



Registered Office – Closure over Christmas

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.



Please note that all meeting dates for 2018 can be found on our website:



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@midnorfolkmenca.org
Website: www.midnorfolkmenca.org

Drop In's



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**

25th December—No meeting

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

Merry Christmas & Happy New Year to Everyone