



December  
2018  
Issue



# In The Loop



It is hard to believe that Christmas is almost here – where did this year go!

Each year that passes seems to have its own character – there are always challenges, and maybe a low point here and there, but more often or not they are liberally sprinkled with many highlights which bring joy and satisfaction. As I look back over the last twelve months, I know that it has been about as full a year as I can remember. We have lost old friends, and gained new ones, we have faced budget cuts yet have never compromised our level of care and commitment, and we have fundraised hard to provide new experiences and services.

Walt Disney once said, *“You can dream, create, design and build the most wonderful place in the world, but it requires people to make the dream a reality”*. This is certainly the case as the General Manager. The reality is that the services, projects and activities that have

taken place this year could not have happened without the passion, care, support and commitment of the Trustees, Management Team, staff team and Volunteers, and for this I thank you. I also wish to thank our service users and their families for their continued trust, belief and loyalty to Mid Norfolk Mencap.

All the experiences of this year have contributed in some way to ensuring we continue to offer adults and children with learning disabilities and their family-carers the best possible service and support, and I am very much looking forward to seeing Mid Norfolk Mencap develop and prosper in 2019.

May I take this opportunity to wish you all, a safe and very happy Christmas and New Year. See you in 2019!!

Jon Rose  
General Manager







Mid Norfolk Mencap  
(also serving North and South Norfolk)

Come and dance the night away  
at our amazing

# *Christmas Disco*

Friday 7th December 2018

7.30pm - 11.30pm

Swanton Morley Village Hall

Christmas Raffle

Nibbles Provided

TICKETS £8.00 for adults

£4.00 for children

(Available from the Mid Norfolk Mencap Office)

Admission by ticket Only

Mid Norfolk Mencap

1a Tavern Lane

Dereham

NR19 1PX

01362 693013



## Get Your Flu Jab

As those who have had the flu will tell you, it is very different to a common cold, at the very least, it can confine even the fittest person to bed and for people with long term health conditions, it can be very serious indeed.

As health care workers, we play an important role in protecting the vulnerable people we support, both in the Community and at Merle Boddy House and the health of the public in general.

With the seasonal influenza impending, and in particular the increased pressure on the health service, being vaccinated yourself is one of the simplest way of protecting and endorsing who we care for, our colleagues, as well as our family members.

The flu vaccine is highly advised and usually free for people aged 65 and over, and to other persons with long standing eligible health conditions. Most surgeries and pharmacies offer the vaccination, which is usually available from September to December.



Seasonal influenza immunisations can be provided free of charge. NHS England and Public Health England, introduced a programme offering free flu vaccination to nursing and care home workers during the 2017/2018 flu season. This will continue for the 2018/2019 season. It has recently published guidance about who will be eligible this winter for a free influenza vaccine. It is targeted at staff employed by a registered residential care/nursing home or a registered domiciliary care provider.

The sooner you have your vaccination, the more effective it will be. You can ask your local pharmacist or GP for the information in obtaining free flu vaccination. Even if you need to pay for the vaccination, it is certainly worth its weight in Kleenex tissues alone.

You can also find information online at [www.tinyurl.com/NHSfluinfo](http://www.tinyurl.com/NHSfluinfo)

**We now have our Breckland Lottery page up and running. Support local causes and win prizes of up to £25,000.**

**50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.**

**Tickets only cost £1 per week.**

**To start supporting, visit:-**

**[www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap](http://www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap)**

**our breckland  
lottery**

Support local good causes  
win up to £25,000!





# YOU'RE INVITED TO A MOVIE

Cinema nights are coming to Tavern Lane on Fridays once a month.

Our first film is on

Friday 25<sup>th</sup> January 2019 18.45—21.00

Doors open at 18.45

Watch a film, munch popcorn and eat hot, chip shop chips,

All provided for the grand price of £5.

Pay at the door on the night

Don't forget to Bring extra money for drinks.

Tea, Coffee or Squash, available.

Sit back, relax and enjoy the film.

Each month, a film will be chosen by the attendees for the following months screening.





**Norfolk Learning  
Disability Services  
Southern Locality Group Meeting**

7th February 2019

10.30am-1.00pm

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



**Norfolk Learning  
Disability Services  
Northern Locality Group**

T.B.A.

Meeting: 2—5pm

**Note: Change of meeting  
venue— Now at  
Youngs Park, Woodgate Way,  
Aylsham NR11 6UJ**



**Yaxham Waters Café & Bistro Quiz Night**

**Come along and join in the fun**

December 14<sup>th</sup> 2018, 7.30 pm – 9.30 pm

At Dereham Road, Dereham NR19 1RF

7.50 per person- includes Hot turkey and stuffing rolls and entry fee to Quiz

Teams of 4 desirable or 2 teams of 3 if a party of 6 people

**Proceeds to Mid Norfolk Mencap**



## Community Support News



This month, we are having a gander at Bogdan's weekly activities. Bogdan is a Romanian gentleman who we support here at Mid Norfolk Mencap.

Bogdan has a very busy week indeed. Bogdan is always on the go, visiting the Drop in sessions on Fridays, researching Romanian music on the laptops, playing card games and pool. As a Mencap volunteer Bogdan takes pride in cleaning the tables and clearing up at the end of sessions, a job no one else dare take from him. Bogdan has a great sense of humour and often plays affable pranks on the staff.

Bogdan also attends English lessons on Wednesday evening's where he practices his English Language skills being very diligent in this.

Bogdan also has a passion for anything Romanian. He often researches topics online relating to his homeland, and often crafts in the Romanian flag colours.



Bogdan is a real fan of beef burgers, and visits the burger van in Dereham Tesco's carpark every week for his lunch, and has built up such a rapport with the burger owner, he has had a burger named after him,

the **'BOGDAN BURGER'**.



## Stop Hate in Norfolk- A New Incident Protocol



We write this month on hate incidents which are becoming more and more frequent in our community these days. Often, victims of hate incidents are not confident to report hate incidents to the police, due to being frightened or perhaps think it is not important. Some people, with care and support needs do not always recognize they have been a victim of a hate incident.

The campaign has been running for a year now with the partnership of Norfolk Constabulary and Norfolk County Council, who are working hard to increase the public's confidence to report hate incidents and crime.

It is often difficult to understand what a Hate incident / crime is. A hate incident is any incident in which the victim or anyone else believes, that someone that has shown/spoken prejudice towards them because of their Disability, age, sexual orientation, religion or race to name a few. Hate incidents can include, Name calling, Physical attack, vandalism, hate mail and texts and theft to name a few.

You can report a hate incident / crime if you are a victim, if you have witnessed an incident or on behalf of someone who has.

There are several ways to report hate incidents: -

- In an emergency phone 999
- In a non-emergency phone 101
- Text 07786200777
- Going into any Norfolk County Council public building; e.g. libraries and reporting it.
- Contact the police via e-mail:- [enquiries@norfolk.pnn.police.uk](mailto:enquiries@norfolk.pnn.police.uk) or visit their website:- [www.norfolk.police.uk/stop-hate](http://www.norfolk.police.uk/stop-hate) to find out more.

A festive Christmas-themed notice. On the left is a large green Christmas tree decorated with red and blue lights and a yellow star on top. Below the tree are wrapped gifts and a ladder. A string of red and gold bells and red baubles hangs across the top. On the right is a holly leaf with red berries. At the bottom, the text "MERRY CHRISTMAS" is written in a stylized, bold font. Two smaller Christmas trees are on the right side.

**Registered Office – Closure over Christmas**

The Office at Tavern Lane will be closed from  
4pm Friday 21st December and will  
re-open on Thursday 3rd January 2019.

**MERRY CHRISTMAS**





## Saturday Clubs– December

Swaffham - 1st December— Christmas Activities

Dereham - 15th December—Meal at Kings Head Hotel  
in Dereham

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,



## 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 run every Wednesday morning from 10.30 to 12.30pm and will cost £18 per session.



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

## Family Carer Meetings



No Family Carer meeting due to

Christmas Meal at George Hotel Dereham

On Wednesday 11th December



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 2019 can be found on our website: [www.midnorfolk Mencap.org](http://www.midnorfolk Mencap.org)



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@midnorfolk Mencap.org](mailto:info@midnorfolk Mencap.org) Website: [www.midnorfolk Mencap.org](http://www.midnorfolk Mencap.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



**Stepping Out Club**

- 3rd December —Carols
- 10th December —No Meeting
- 17th December— Club Members Party
- 24th December— No Meeting
- 31st December—No Meeting

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

**£1 Entry Fee**



**Gateway Club**

- 5th December— Christmas Crafts
- 12th December— Christmas Meal  
Greenstones in Dereham
- 19th December—Christmas Disco
- 26th December— Closed

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

**£1 Entry Fee**