



# In The Loop



As we reach the end of an extremely unusual year, I would firstly like to say that I hope you and your loved ones are safe and well.

I can honestly say that I have never experienced an event that has impacted our lives and work as Covid-19 has. We have all had to adjust to new ways of thinking and behaving and I am extremely proud of how Mid Norfolk Mencap has done this.

Fundraising has been extremely difficult during these times and shutting down the Community Outreach Service for 12 weeks was hugely upsetting, although of course everyone's health was far more important. Our residents at Merle Boddy House all remained safe at home, however they missed their friends and family, and their daily routines.

We came back to work after the first lockdown to a world of facemasks, hand sanitising, Zoom meetings, and the people we all missed the most .... our service users, residents and staff team.

The rest of the year has been turbulent with further restrictions on our lives; however, I must applaud everyone for staying strong and upbeat. I am humbled by the many acts of kindness, support, and bravery I have witnessed, and I truly think this pandemic has highlighted the importance of the health and social care sector.

I would like to take this opportunity to express my thanks, pride, and admiration to Mid Norfolk Mencap's staff team, Trustees, volunteers, service users, family, and friends. Your hard work, loyalty, sense of humour and trust has helped us weather this storm.

We do not know what 2021 will bring, but what I do know is that Mid Norfolk Mencap will endeavour to meet any challenge thrown at us head on, and will continue to be here to support and champion those with Learning Disabilities and their family and carers.

I want to wish you all a very happy, peaceful Christmas and a healthy, prosperous New Year.

I look forward to seeing you all in 2021.

Stay safe.

Jon Rose,  
General Manager



# NEWS AND EVENTS

1. What kind of bird lays an electric egg?



2. What was Camelot famous for?

3. What does a zombie call his parents?

4. Why did the clock go to the doctor?

5. Why did the biscuit cry?

6. What is the fastest vegetable of them all?

A vicar spots a small boy struggling to reach a door knocker and kindly knocks on the door for him.”

“Thanks” says the little boy, “Now, run like mad”!

A man is sitting in a pub on his own, staring into his drink. For a joke, another drinker comes up to him and drains the man’s glass in one swig. The first man bursts into tears. “Sorry, mate,” says the second man, embarrassed, “It was only a joke, let me buy you another.” The first man dries his eyes. “You don’t understand—this has been the worst day of my life. First I lose my job, then my car is stolen, I lose my wallet on the train, and when I come home I find my wife has left me. Finally, I come to the pub to end it all and then you turn up and drink my poison....”

A parachutist jumps from a plane only to find his parachute won’t open. As he plummets towards the ground, still trying to open his chute, he passes another man going up. **“Know anything about parachutes?” the parachutist shouts.**

**“No”,** says the other man, **“Know anything about gas cookers?”**

A young woman is concerned to find an old man weeping loudly in the street and asks him what the matter is.

“Everything is perfect” he replies between sobs. “My pension pays me a fortune, I have a lovely house, a beautiful young wife and my own private jet.”

“So why are you crying?” Asks the young woman.

“I can’t remember where I live!”



## WINTER FLU JAB

Get your Flu Shot!



Due to the global Covid19 pandemic, it is more important than ever that you get your flu vaccination this winter.

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, due to the Coronavirus pandemic, 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 NHS are strongly recommending vaccination for frontline health and social care workers. The flu vaccine usually free for people aged 65 and over, and to other persons with long standing eligible health conditions and persons in long-stay residential care homes. Most surgeries and pharmacies offer the vaccination, which is usually available from September to December.



Seasonal influenza immunisations can be provided free of charge at present to nursing and care home workers during the 2020/2021 flu season. It has 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 a free flu vaccination. Even if you need to pay for the vaccination, it is certainly worth taking care of yourself and others and keeping Britain Safe.

You can also find information online at both

[www.tinyurl.com/NHSfluinfo](http://www.tinyurl.com/NHSfluinfo)

[www.england.nhs.uk](http://www.england.nhs.uk)



## CLOSURE OVER CHRISTMAS

The Office at Tavern Lane will be closed from

5pm Wednesday 23rd December 2020

and will re-open on

Monday 4<sup>th</sup> January 2021



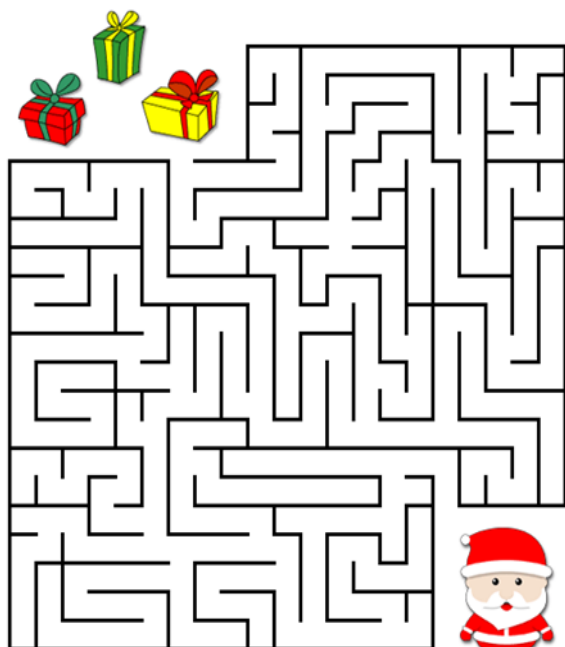
### Bert and his family Actions

F	A	M	I	L	Y	M	I	S	C	H	I	E	F
J	N	U	S	H	I	F	C	Y	C	L	I	N	G
I	I	M	L	G	N	I	P	E	E	L	S	E	E
A	F	J	U	M	P	I	N	G	I	Y	C	C	C
L	N	T	R	E	B	S	C	N	M	I	G	L	H
G	N	F	S	M	S	M	I	L	I	N	G	I	R
E	A	T	I	N	G	E	A	T	N	G	P	M	I
N	I	S	I	S	T	E	R	S	T	T	H	B	S
B	F	L	A	D	D	E	R	R	I	I	I	I	T
B	I	C	Y	C	L	E	M	E	I	L	N	N	M
I	L	W	A	V	I	N	G	C	N	E	E	G	A
E	M	N	C	N	G	N	I	D	I	H	A	G	S
M	S	C	L	A	S	E	E	R	T	B	N	G	E
E	F	U	N	N	Y	G	N	I	M	M	I	W	S

- EATING
- BICYCLE
- SMILING
- SISTERS
- SWIMMING
- TREES
- SITTING
- JUMPING
- HIDING
- CHRISTMAS
- MISCHIEF
- FUNNY
- FILMS
- CYCLING
- SLEEPING
- FAMILY
- BERT
- LADDER
- WAVING
- CLIMBING

**Word Search**  
Can you find all the words listed of Bert, his family and their antics?

### Christmas Bell Maze

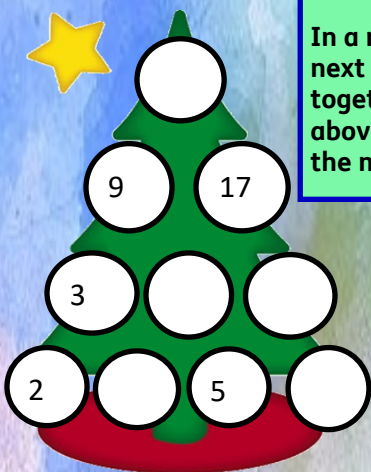


Puzzle 1

		2	
2			4
1			3
	3		

Puzzle 2

	1		
3			1
4			2
			4



**Number Pyramids**  
In a number pyramid, numbers next to each other are added together to make the number above it. Can you work out what the missing numbers are?



3	4	2	1
2	1	3	4
1	2	4	3
4	3	1	2

Puzzle 2 solution

4	3	1	2
1	2	4	3
2	1	3	4
3	4	2	1

Puzzle 1 solution

Pyramid 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**

An aeroplane is just a few minutes into a transatlantic flight when the captain announces "Ladies and gentlemen, one of our engines has failed. There is no cause for alarm. Our flight will take an hour longer than scheduled but we still have three engines left". A few minutes later the captain comes on the intercom once more. "Another engine has failed, the flight will now take an additional two hours but we can still fly on two engines". Half an hour later the captain's voice is heard again. "One more engine has failed and the flight will now take an additional three hours", there is no need to worry- we still have one engine left". At this, one of the passengers turns to the man next to him and mutters in annoyance, "If we lose one more engine, we'll be up her all day"!

A man buys a camel and is told that it obeys three words of command. To make it walk he must say "Few". To make it run he must say, "Many". To make it stop he must say "Amen". He hands over the money and decides to try the beast out right away.

He mounts the animal and when he calls out, "Few!" the camel dutifully sets off at a walk. When he shouts, "Many" the camel breaks into a run. Unfortunately, it aims straight for the edge of a cliff and to his horror the man realizes he has forgotten the word make it stop. As they hurtle towards the precipice the man utters a last desperate prayer: "Oh Lord, get me out of this! Amen!" On hearing the magic word, the camel suddenly stops, right on the brink of the drop. Shuddering with relief, the man mops the sweat from his brow and catches his breath, and mutters.. "Phew"-aaaaaaaargh!".....

**ANSWERS**

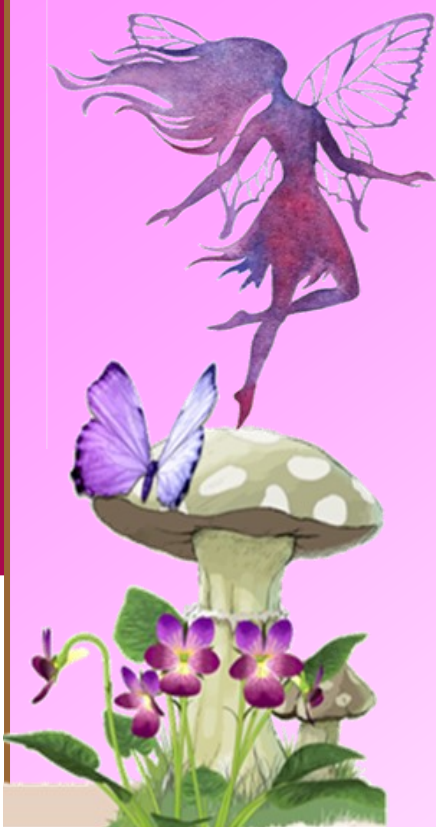
- 1..A battery hen
2. It's Knight life
3. Mummy and DEADY
4. He felt run-down.
- 5 . Because his mother had been a wafer so long.
6. A runner bean



What a year two twenty's been,  
You couldn't imagine a movie scene,  
That depicts the pandemic in such a way,  
To affect us all from day to day,  
But through this all, we have survived,  
Supporting members with their everyday lives,  
For Mid Norfolk Mencap is here to help,  
You won't hear us moaning, groaning or yelp,  
We carry on working through thick and thin,  
With strength and purpose, along with a grin,  
Covid won't beat us, we know its war,  
For us we know we have to score,  
Were always here, to support and bear,  
All your worries, we really care,  
With our support, you need not fear,  
We'll definitely be with you in the New Year.



L. Studd



In each edition over the past 3 years or so, there has been 'Bert' the Mouse and sometimes his family getting up to mischief hiding away somewhere on a page in each months issue. I wonder if you have seen them all?

I hope you have enjoyed the editions of the Loop I have produced over the years? I have thoroughly enjoyed seeing them hot off the press. Sadly, Decembers Issue is to be the last edition I will be involved in, due to my retirement this month. Lastly I sign off with a poem that sums up the year for the majority of us

So it's a 'Cheerio folks,' from me.

Have a lovely Christmas

Best wishes

Lorna.....

Be careful and Stay Safe.



## Saturday Clubs–December

**Due to the Coronavirus, all meetings of the Saturday Club are cancelled until further notice**

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



**Drop In's**

Cromer

Thursdays

1.00pm—4.00pm

Merchants Place  
16 Church Street  
Cromer, NR27 9ES  
£5.00 entry fee

Dereham

Tuesdays and Fridays

10.00am—2.00pm

1a Tavern lane,  
Dereham  
NR19 1PX  
£4.00 entry fee



**Stepping Out Club**

**Please Note**  
**2 Sessions will be running before**  
**Christmas 2020**

7th December—Games Night  
21st December—Christmas Quiz  
**Starting at 7pm**

Meeting held at  
Church House  
Church Street  
Dereham

£1.50p 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

**NEWS AND EVENTS**



**Merry Christmas & Happy New Year to Everyone**