



December
2021
Issue



In The Loop

Firstly, it is my great pleasure to wish you all a very Happy Christmas.

2021 has again presented us with challenge, disruption and uncertainty, however, despite the dreaded C word (Covid!), we've almost made it through to the end of the year.



Mid Norfolk Mencap has experienced a mixed bag of highs and lows, Covid-19 struck our residential home in January affecting our residents and staff, and this was a truly scary time. However, months later, after the fantastic vaccine roll-out, we were able to have our first fundraising event in what felt like forever, the Netherley Summer BBQ, which was a great success and lots of fun.



Whilst life is still not completely back to normal, I am starting to think there is a light at the end of the tunnel, and despite the many hurdles of the pandemic, cuts to social care and staff shortages, as an organisation we have a lot to be grateful for. We have our amazing staff team, Trustees, residents and service users, volunteers, family, and friends, and I must thank you all for your tireless hard work, dedication, and loyalty to Mid Norfolk Mencap.

It has been a tough year and we do not know what 2022 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, their family, and carers.

Once again, I wish you a very happy, peaceful Christmas, and a healthy, prosperous New Year.

See you all in 2022!

Jon Rose,
General Manager





We would like to thank Algy's Farm Shop in Dereham for their donation of pumpkins to our residents at Merle Boddy House.



You'll never guess which football club is popular at the house?!



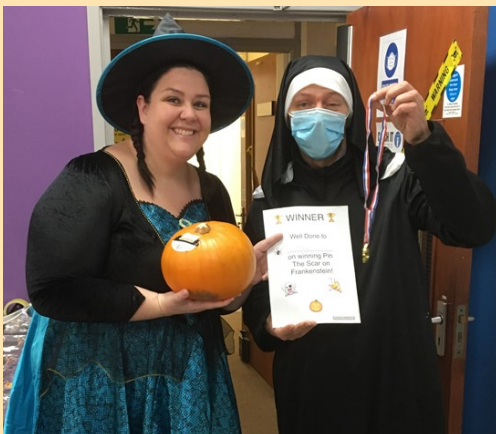
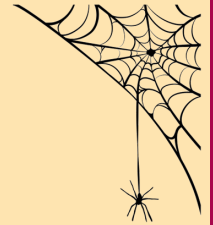
Then it was party time





Clients from the Community Outreach Service had fun at their party too.

Thanks to Mel for organising the food & games.



BOOSTER VACCINATIONS

A coronavirus (COVID-19) booster vaccine dose helps improve the protection you have from your first 2 doses of the vaccine. It helps give you longer-term protection against getting seriously ill from COVID-19. Booster vaccine doses are available on the NHS for people most at risk from COVID-19 who have had a 2nd dose of a vaccine at least 6 months ago. This includes:

- people aged 50 and over
- people who live and work in care homes
- frontline health and social care workers
- people aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19
- people aged 16 and over who are a main carer for someone at high risk from COVID-19
- people aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)



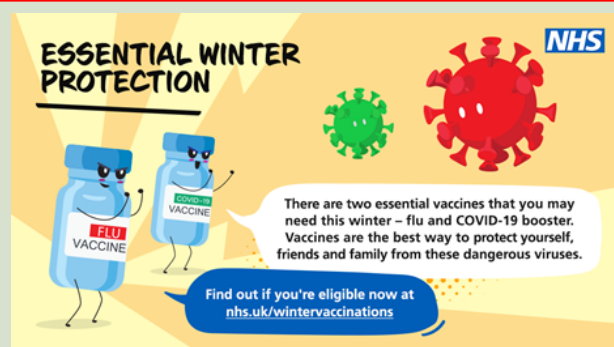
People who are pregnant and in one of the eligible groups can also get a booster dose.

If you're eligible, most people can:

- book a vaccination appointment online for an appointment at a vaccination centre or pharmacy
- go to a walk-in vaccination site to get vaccinated without needing an appointment
- wait to be contacted by a local NHS service such as a GP surgery and book an appointment with them

Most people will be offered a booster dose of the Pfizer/BioNTech vaccine or Moderna vaccine. This means your booster dose may be different from the vaccines you had for your 1st and 2nd doses. Some people may be offered a booster dose of the Oxford/AstraZeneca vaccine if they cannot have the Pfizer/BioNTech or Moderna vaccine.

Most people who can get a COVID-19 booster vaccine are also eligible for the annual flu vaccine. **If you are offered both vaccines, it's safe to have them at the same time.**



2021 FLU PROGRAMME

Seasonal influenza (flu) is an unpredictable but recurring pressure that the NHS faces every winter. Vaccination offers the best protection and the free seasonal flu vaccine is to be made available for over 35 million people this year.

As there may be winter outbreaks of Covid-19, protecting those at high risk of flu, who are also those most vulnerable to hospitalisation as a result of Covid-19, is vitally important.

If made available to you, it's important that you have your free flu vaccination. Speak to your GP or practice nurse, or alternatively your local pharmacist, to book a vaccination appointment and get the best possible protection.



COVID SELF-TEST KITS

Mobile libraries now stock Covid Self-Test kits. This means if you live in the countryside, you can still get a test if you need one. The link below is a service where you can order free packs of rapid lateral flow tests to be sent to your home:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

You can use this service if you do not have Covid 19 symptoms and

- you are aged 11 or older, you have not been told to self-isolate and you cannot get tests from your work, school, college or university.



NHS Trusts in Norfolk, Suffolk and Hertfordshire are working together on a plan to make life better for people with autism and learning disabilities. They want to set up a Specialist Health Service for people with learning disabilities and/or autism in Norfolk and Waveney. This means that people in hospitals or in the community can get help that is better for them. To do this, they need your help. They want to know how they can help people when they are finding things difficult, what things are good and what things need to improve.



They have planned two **online** events where you can tell them what you think would help most. They will both be held using Microsoft Teams. At both events, there will be a presentation and afterwards there will be a chance to ask questions and tell them your views.

Webinar on Monday 6th December, 10.30am to 12pm.

Focus Group on Wednesday 8th December, 10am to 11.30am.

If you would like to join either of these events, or just ask questions, please contact **Andrew Frankel-Caine on 07415 068343 or email: Andrew.frankel-caine@nsft.nhs.uk**



ACTIVE NORFOLK

Active Norfolk is an organisation that encourages people to do more sports and physical activity. The benefits of physical activity cannot be overstated. Physical activity is one of the most important tools we have for our health. It's not just about improving our fitness either.

Getting the recommended amount of physical activity each week can help our bodies to fight off diseases and health complications, so it improves our overall health in both the short and long-term.

Their website has lots of advice. Please visit:

<https://www.activenorfolk.org/public/get-active/active-at-home/disability-exercises/>

They also have sitting room circuits and chair-based exercise playlist links to YouTube to join in with.

If you live with a disability or long-term health condition, being physically active may be more of a challenge, but the overall benefits of physical activity remain the same. Being active can also help you manage your condition through increased strength and improved health. What's more, being active can have a hugely positive impact on your mental health, providing confidence and self-esteem boosts, and gradually improving mental wellbeing over time.

The Months of the Year

January brings the snow;
Makes our feet and fingers glow.



February brings the rain,
Thaws the frozen ponds again.

March brings breezes, loud and shrill,
Stirs the dancing daffodil.

April brings the primrose sweet,
Scatters daisies at our feet.

May brings flocks of pretty lambs,
Skipping by their fleecy dams.



June brings tulips, lilies, roses;
Fills the children's hands and posies.

Hot July brings cooling showers,
Strawberries and gilly-flowers.

August brings the sheaves of corn,
Then the Harvest home is borne.

Warm September brings the fruit,
Sportsmen then begin to shoot.



Fresh October brings the pheasant;
Then to gather nuts is pleasant.

Dull November brings the blast,
Then the leaves are falling fast.

Chill December brings the sleet,
Blazing fire and Christmas treat.



WE ARE RECRUITING FOR SUPPORT WORKERS & A TEAM LEADER

We are currently recruiting for Support Workers to work at our small residential home in Dereham, Merle Boddy House, and also within our Community Outreach Support Services.

We also have a new a vacancy for a Team Leader within our Community Outreach Service.

Please get in touch with Anya Rose or Sarah Freeman at the office on 01362 693013 for further information and job descriptions for all roles.



FAMILY CARERS MEETINGS

With no more meetings scheduled for this year, the meeting dates for 2022 will be reviewed for the Spring and we hope to gather for a meeting in March and then monthly again next year.

Thank you for your support.



CHRISTMAS CLOSURE DATES

The Tavern Lane office will be closed from 4pm on Thursday 23rd December and will re-open on Tuesday 4th January 2022



SPECIAL CELEBRATION DAYS IN DECEMBER 2021



28th November—6th December, Hanukkah (Jewish festival)

2nd, The International Day for the Abolition of Slavery



3rd, International Day of Persons with Disabilities

5th, International Volunteer Day



5th, Walt Disney's birthday

10th, International Animal Rights Day



10th, Human Rights Day



10th, Christmas Jumper Day

16th, Jane Austen's birthday

21st, National Robin Day



21st, Winter Solstice



25th, Christmas Day



31st, New Year's Eve



ROOM VACANCY AT MERLE BODDY HOUSE

We currently have one room vacant at our residential house.

There are communal living areas where residents relax or do activities. Residents are happy and friendly and would welcome a new friend to join them.



Merle Boddy House offers residential care for up to 10 adults with Learning Disabilities. Our aim is to provide a happy, friendly and safe home environment and to meet the individual needs of each and every resident. Every resident has their own room which is decorated to suit their own style and personality. We are located near to Dereham town centre, public amenities and major bus routes. The staff at Merle Boddy House are experienced and well trained and strive to meet the individual needs of the residents whilst keeping them happy, comfortable and safe. At the same time, staff provide residents with the freedom to be themselves.

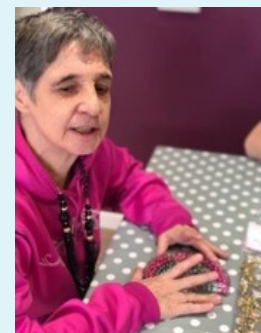


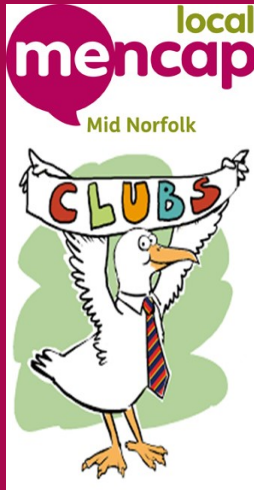
If you are interested in the service we can provide and would like to have a chat or come and visit, then please call:

Wendy Lea, our Registered Manager, on 01362 694643



Residents are getting excited for Christmas making decorations for the house.





Start dates will be published here
and members notified directly
when we have information on re-opening dates
for these clubs in 2022:

DROP INS in Dereham and Cromer,
SATURDAY CLUBS in Dereham and Swaffham
& **GATEWAY CLUB**

STEPPING OUT CLUB



Meetings take place at Church House, Church Street,
Dereham
7.30pm — 9.00pm with a £1.50 entry fee.

Their new meeting day is Thursdays and December dates
are:

Thursday 2nd & Thursday 16th December

Dates for 2022 to be advised.

CARERS' LOCALITY MEETINGS

No face to face meetings are taking place at the
present time; meetings are currently online.
Contact Catherine Kennedy on 07932 095312
or Sophie on 07932 095260
or email: info@carersvoice.org



These meetings are for carers and people working with carers to come
together and share information about services and support for carers.
They are an opportunity to identify what could be improved and co-
develop solutions to gaps in support.



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