



Firstly, can I take this opportunity to wish you a very Happy Christmas.

I believe strongly that Christmas is a time for families to be together. The past few years has made it even more important for us to value each other and to remember those that we may have lost. Christmas can be a very emotional period for some, so let's all make sure everyone has someone.

Although the world appears to be getting back to some normality, the care sector is still struggling. Staff still need to test and we have to do all we can to protect the vulnerable adults we work with. I recognise it has been a very difficult time for families and thank you for all you have done over the past few years.

We have all seen in the news the difficulties in recruiting staff and this is also the same for social workers, which means more frustrations when you need extra help from Norfolk County Council.

Despite all these challenges, we have worked tirelessly to provide support to all we encompass. So we need to be grateful as an organisation, we have our amazing staff team, trustees, residents and service users, volunteers, family and friends, and I must thank you all for your hard work and dedication to Mid Norfolk Mencap.

We at Mid Norfolk Mencap will endeavour to meet new challenges and will continue to support and champion those with learning disabilities, their families and carers.

I wish you once again a very merry Christmas, and a prosperous New Year.



Jon Rose, General Manager





HALLOWEEN

Spooky fun was had by clients of the Community Outreach Service, residents at Merle Boddy House and members of the Gateway Club.

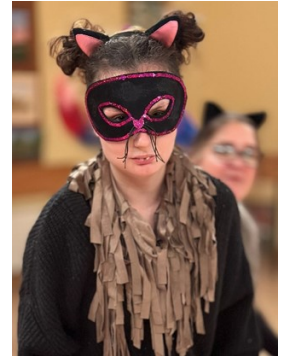


Picking & carving pumpkins & fancy dress parties.





Ruth won best girl prize and Ben won best boy at the Gateway Club.



We would like to thank Steve from Fresh Approach for the generous donation of pumpkins for Merle Boddy House.





JULIAN PATRICK CRUTCH passed away peacefully on October 18th, aged 83 years. His funeral service was held at St. Nicholas Church, Dereham on Friday 18th November.

Julian led a very full and interesting life, being one time Mayor of Dereham and a Labour Councillor. Driven by his social conscience, he devoted part of his life to Mid Norfolk Mencap, being one of the founder members whose aim was to support families of children with learning disabilities and to provide local services for them. Julian was an active member of the committee for many years, fundraising, charring meetings and campaigning. He and Adi Moulding set up the Dereham Mencap shop of which Julian was a trustee; along with a few others they established Merle Boddy House, our residential establishment that is still open today.

Julian helped many of our members individually challenge Norfolk County Council, and helped them complete the forms required due to their very complex issues. All at Mid Norfolk Mencap are very grateful for this help given. For 20 years, Julian was on the Board of National Mencap and was instrumental in establishing Gateway Clubs and a founder member of the Mencap Homes Foundation. Not one to shy away from a challenge, meetings were always lively with Julian around. We thank him for his vast knowledge and personal input.

We send Tricia, Jo-Ann, Gail and her family our condolences on their great loss.

Pat Grout, Chair, Mid Norfolk Mencap



FAMILY CARERS MEETINGS

The group is meeting informally for the time being as and when the group members are available for a get together.

For more information contact:

Pauline Drury:

01362 637895

paulinedrury@yahoo.co.uk

or

Sue Rimmer:

01328 855157

suerimmer10@btinternet.com

They met on 30th November at MNM offices for a bit of a 'do' as it had been a while since they'd had the chance to be together.

There was a Christmas theme to the gathering with refreshments and raffle.

family voice
norfolk
together improving services

SAVE THE DATE

Annual Conference Saturday 11th March 2023

John Innes Centre, Norwich NR4 7UH


Find out about all things SEND from


- information stands
- workshops
- face-to-face meetings with professionals
- keynote speaker



Find out more at

www.familyvoice.org.uk

 FamilyVoiceNorfolk

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**WE ARE LOOKING FORWARD TO SEEING
FAMILIAR FACES & NEW FRIENDS AT OUR**

CHRISTMAS DISCO

**on Friday 2nd December 2022
7.30pm - 11.30pm
at Swanton Morley Village Hall
Adults: £8 each**

Tinsel Tim will be there with his party music, snow machine and pom pom snowballs!



**Buffet included and the bar will be open.
There will be a Christmas Raffle.**



**Contact Sarah at the Mid Norfolk Mencap office
if you still want a ticket.**

Tel: 01362 693013 or Email: sarah@midnorfolk Mencap.org

DISABLED PEOPLE AGAINST THE CUTS

Fears have been raised over the impact £60m of council cuts and savings will have on Norfolk's most vulnerable people. Campaign group Disabled People Against the Cuts (DPAC) Norfolk and UNISON County Branch are joining forces to fight to protect services, jobs and conditions.



Norfolk County Council (NCC) is consulting over next year's budget and there are fears the need to save cash will hit groups such as the disabled and older people. The Conservative-controlled authority needs to save £60m in 2022/23, as part of efforts to plug a £116m gap by 2027. In July, the authority outlined how it intends to save £13m, including part closures of recycling centres and reducing the mobile library service, with a further £19.5m savings proposed in September, including £11.7m from adult social services and £1.8m from children's services. That still leaves £27.5m more, some £16m of which could be found through a strategic review council bosses have said will mean "significant" job cuts.

Jonathan Dunning, UNISON Norfolk branch secretary, said: "We are inviting community groups, political parties and other trade unions to get involved in defending services and jobs." Andrew Proctor, leader of NCC, said: "I know many people across the country are worried about the impact of local government savings on social care and so are we. "Our dedicated officers are continuing to ensure the council delivers care to those who need it and meet all our duties under the Care Act and Children and Families Act. Mr Proctor said the council was "determined" to protect the vulnerable and had been working with other councils to press the government for urgent action, including more money for social care.

People can have their say on the budget proposals at:

www.norfolk.gov.uk/budget

until 16th December 2022

WARM SPACES



Collated by social action group *Love Dereham*, below is a list of local “warm spaces” aimed at those residents who cannot afford to heat their homes. Places like this are opening up around the country for concerned residents that need support, especially after the rise in the energy price cap in October meant the average UK household saw their energy bill rise to £2,500!

Dereham venues involved are as follows:

Meeting Point, St Withburga Lane:

9am to 4pm, Monday to Friday (except 3pm closure on Thursday).

Dereham Cancer Care, Georges Road:

10am to 2pm, Monday and Tuesday. 10am to midday, Thursdays.

Green Pastures, Norwich Street:

Let's Chat, 11am to midday, Monday to Thursday.

Salvation Army, St Nicholas Street:

10am to 3pm, Tuesdays.

Toftwood Methodist, Chapel Lane:

10.30am to 11.30am, third Thursday of each month.

Dereham Baptist Church, High Street:

1pm to 3pm, Thursdays. 10am to 1pm, Fridays.

Cowper Memorial Congregational Church, Market Place:

Coffee morning, 10am to midday, Fridays.

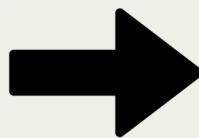
Dereham Library, High Street:

9.30am to 7pm, Monday to Friday. 9.30am to 4pm, Saturdays.



CHRISTMAS QUIZ ANSWERS

How did you do?



1. Join in any reindeer games.
2. Egnog.
3. Four.
4. In Bethlehem.
5. Macy's.
6. Paris.
7. Stink, stank, stunk.
8. An angel got his wings.
9. Holy night.
10. Tom Hanks.
11. Ebenezer.
12. Kiss.
13. Eight maids a milking.
14. Home Alone.
15. 364.
16. Hansel and Gretel.
17. Feliz Navidad.
18. "White Christmas" by Bing Crosby.
19. Dancer, Dasher, and Donner.
20. Coca-Cola.



Test your Christmas knowledge with this fun quiz.

Answers opposite on page 6 upside down!

1. What did the other reindeer not let Rudolph do because of his shiny red nose?
2. Which popular Christmas beverage is also called "milk punch"?
3. How many ghosts show up in *A Christmas Carol*?
4. Where was baby Jesus born?
5. The film *Miracle on 34th Street* is based on a real-life department store. What is it?
6. In *Home Alone*, where are the McCallisters going on holiday when they leave Kevin behind?
7. In the classic Christmas film, *How The Grinch Stole Christmas*, the Grinch was described with three words. What are they?
8. In the film *It's A Wonderful Life*, what happened every time a bell rang?
9. What words follow "Silent Night" in the song?
10. Which Hollywood actor played six different roles in *The Polar Express*?
11. In Charles Dickens' *A Christmas Carol*, what was the first name of Scrooge?
12. What are you supposed to do when you find yourself under the mistletoe?
13. According to the song, what did my true love give to me on the eighth day of Christmas?
14. What was the highest-grossing Christmas movie of all time?
15. How many gifts in total were given in "The Twelve Days of Christmas" song?
16. Which fairy tale was the first gingerbread houses inspired by?
17. How do you say "Merry Christmas" in Spanish?
18. What is the best-selling Christmas song ever?
19. Three of Santa's reindeer's names begin with the letter "D." What are those names?
20. What was the first company that used Santa Claus in advertising?

OFFICE CHRISTMAS / NEW YEAR CLOSURE DATES

The Tavern Lane office will be closed
from 4pm on Friday 23rd December
and re-open at 9am on
Tuesday 3rd January 2023.





We hope to have positive news on the clubs and drop in sessions in Dereham, Cromer and Swaffham in early 2023.



PLEASE BE PATIENT & WATCH THIS SPACE!

DEREHAM & DISTRICT GATEWAY CLUB

Come and join us at
The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED

Fridays, 7pm to 9pm

£2 per week (plus money for tuck & raffle)



9th December, Music Club
16th December, Christmas Disco
Then
6th January, Club Night
13th January, Music Club
20th January & 27th January



We are always looking for new members to come along.

STEPPING OUT CLUB

Come and join us at
Mid Norfolk Mencap premises,
1A Tavern Lane, Dereham NR19 1PX
7.30pm to 9pm

with a £2 entry fee (plus money for the tuck shop).

Our December meeting dates are:
Thursdays 1st & 15th December 2022

Produced by MID NORFOLK MENCAP, 1a Tavern Lane, Dereham, Norfolk NR19 1PX

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