

In The Loop



December
2023
Issue

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. 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, I believe we are still living with Covid and the threat of something similar in the future. It is due to the magnificent job of the NHS that we are all feeling safer due to our jobs. Please remember to get yours if you are able and don't forget the flu jabs also.

The care sector is still struggling in recruiting staff and this is also the same still 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. As an organisation, we need to be grateful as we have our amazing, dedicated staff team, trustees, residents, service users, volunteers, family and friends, and I must thank you all for your tireless hard work and devotion 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.

There will be continued challenges with staffing and the pressures on cutting costs, but I can assure you we will face these head-on and do all we can to progress and grow into the future.

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

A handwritten signature in black ink, appearing to read 'Jon Rose'.

Jon Rose, General Manager





All the residents at Merle Boddy House enjoyed decorating their pumpkins (donated by Algys Farm Shop).



Clients from the Community Outreach Service visited local attractions.





Merle Boddy House residents joined the Community Outreach party at Tavern Lane for spooky fun and games!



HELLO FROM OUR NEW CHAIR

Since I joined Mid Norfolk Mencap as a trustee back in July 2021, I have seen the dedication and commitment that our managers, staff, volunteers and trustees show in providing the best service to our members, users and clients.



Following Pat standing down as Chair in October, I was privileged to be elected as the new Chair for Mid Norfolk Mencap. We can all be proud of what the Mid Norfolk Mencap team makes happen and we will build on Pat's work to make sure that our community thrives. We will focus on providing the best possible support and care to everyone who uses our service, and that we do this in a way which supports everyone who works here too.

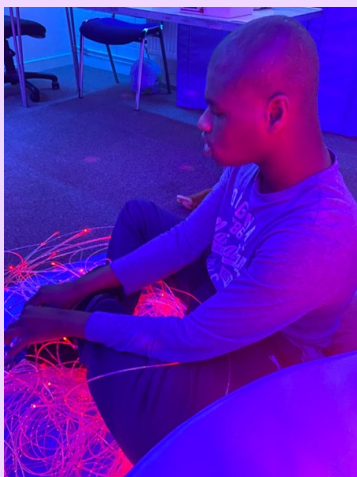
If there is something – or someone – that you think should be celebrated, please get in touch as I would love to hear from you.

Wishing you a very merry Christmas and a health and happy New Year.

Sarah Taylor



Get in touch with Sarah or Anya at the Tavern Lane office to book a slot in our amazing Sensory Room. Room hire is charged at £10 per hour and is open to all in the community.



Time in a sensory room helps improve visual, auditory and tactile processing, as well as fine and gross motor skills. By providing a sense of calm and comfort, sensory rooms can help children and adults learn to self-regulate their behaviours, which ultimately improves focus.

Our room creates a wonderful sensory environment and allows clients to relax in a calm space. We have bubble tubes and fibre optics, along with bespoke bench seating and floor pads for protection, colour changing mood lighting, an interactive wireless sensory cube and recordable speaker.



COME ALONG TO OUR ANNUAL
CHRISTMAS DISCO

on Friday 8th December, 7.30pm - 11.30pm
at Swanton Morley Village Hall

Join "Tinsel Tim" with his party music, snow machine and pom pom snowballs for a fun night out!

This year we have a **VERY special guest** coming!!



Adult Tickets: £10 each

Price includes Christmas buffet.
The bar will be open and there will also be a raffle.



Phone or email Sarah
at the Mid Norfolk Mencap office
to get your name on the guest list for tickets.

Tel: 01362 693013 or

Email: sarah@midnorfolkmencap.org



We would prefer payments to be made by BACS to the new NatWest bank account, but if you are unable to pay by bank transfer, we will still accept cash or cheque.



GARDENING EQUIPMENT DONATIONS

If anyone has garden tools or equipment they don't use anymore and would like to donate for our Community team to use at our allotment, we would love to receive them. Please give the office a call on 01362 693013.



OFFICE CHRISTMAS & NEW YEAR CLOSURE DATES

**The Tavern Lane office will be closed from 4pm
on Friday 22nd December and
re-open at 9am on Tuesday 2nd January 2024.**



CHANGES TO NORWICH TRAIN STATION TICKET OFFICE CANCELLED

**Plans to shut ticket offices at stations, including Norwich, have been cancelled.
If you were one of the members of the public to fight this,
then you helped to make this change!**

Train company representative Rail Delivery Group (RDG) announced plans to close almost every railway station ticket office across England in July. But now transport secretary Mark Harper has revealed the government has asked train operators to withdraw their proposals. This is in response to watchdogs Transport Focus and London TravelWatch announcing they opposed every single planned closure due to issues such as the impact on accessibility.



Speaking on the U-turn, Mr Harper said: “The consultation on ticket offices has now ended, with the Government making clear to the rail industry throughout the process that any resulting proposals must meet a high threshold of serving passengers. “We have engaged with accessibility groups throughout this process and listened carefully to passengers as well as my colleagues in Parliament. The proposals that have resulted from this process do not meet the high thresholds set by ministers, and so the Government has asked train operators to withdraw their proposals.”

WELL DONE TO ALL THE CAMPAIGNERS!



1. 50p piece
2. Jingle Bells in 1965
3. Sandringham Estate.
4. King William I of England in 1066.
5. Gobbler.
6. 1957.
7. “The Snowman”.
8. Indiana.
9. Kevin.
10. Elvis.
11. Donald Trump.
12. Arendelle.
13. White.
14. 1994.
15. Japan.
16. Capricorn.
17. Ross.
18. Max.
19. “Do You Hear What I Hear?” by Bing Crosby.
20. “Do They Know It’s Christmas” by Bob Geldoff & Midge Ure.



1. What gift did Harry Potter receive from the Dursleys during his first Christmas at Hogwarts?
2. What was the first Christmas song broadcast from space?
3. Where does the Royal family traditionally celebrate Christmas?
4. Which King was crowned on Christmas Day?
5. What is the name of the male turkey?
6. In what year was the Queen's speech first televised?
7. Which film features the song "Walking in the Air"?
8. Which US state has a town called Santa Claus?
9. What is the name of the carrot in Aldi's Christmas advert?
10. Which artist recorded "Blue Christmas"?
11. Which former US President makes a cameo in "Home Alone"?
12. What is the name of Anna and Elsa's kingdom in the film "Frozen"?
13. What colour are mistletoe berries?
14. What year did Mariah Carey's "All I Want For Christmas Is You" come out?
15. In which country is it tradition to eat KFC for Christmas dinner?
16. If you are born on Christmas Day, what is your star sign?
17. In the episode of Friends "The One with the Holiday Armadillo", who dresses up as an armadillo?
18. What is the Grinch's dog called?
19. What Christmas song of 1962 was originally written about the Cuban Missile Crisis, as a call for peace?
20. Which Christmas hit originally released in 1984 has been UK Christmas number one three times?



**ANSWERS ON PAGE 6 UPSIDE DOWN!
GOOD LUCK.**

**BOOST YOUR
IMMUNITY
THIS WINTER
WITH THE FLU VACCINE
+ COVID-19 BOOSTER**

NHS WINTER VACCINE ROLLOUT

The NHS kickstarted the winter vaccinations campaign in September, prioritising those at greatest risk starting with care homes and people who are housebound. NHS staff have worked hard to prepare for the earlier start of the programme with 3,500 sites taking part in the campaign this year to make it as easy as possible for people to get protection.

People will be able to book their jabs through the NHS website, the NHS App or by calling 119. Eligible groups should also be offered a vaccination sooner by GP surgeries or other local NHS services. The NHS is encouraging people to get both vaccinations as soon as they can and not delay, due to the risk of the new Covid-19 variant and ahead of the winter period.

It is important for those who are eligible to top up their protection, even if they have had a vaccine or been ill with flu or covid before, as immunity wanes over time and these viruses change each year.

DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED
Fridays, 7pm to 9pm
£2 entry (plus money for refreshments & raffle)

THE NEXT MEETINGS DATES ARE:
Fridays 1st & 15th December
then 12th, 19th & 26th January 2024



Recent visit from The Music Man and making Halloween gift boxes and Christmas wreaths.



STEPPING OUT CLUB



We meet at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
(usually on the first & third Thursday of each month)
7.30pm to 9pm £2 entry fee



THE NEXT THURSDAY MEETING DATES ARE:
7th December, then 4th & 18th January.



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What do you mean you haven't had a go at our Christmas quiz yet?

