



As another year almost draws to a close, I have found myself reflecting on the twists and turns of the last 12 months. We have had highs, and we have had lows. We have lost old friends, but gained new ones, we have faced financial hurdles yet have fundraised enough to install a new sensory room, and we have watched as health and social care in the UK plummets into crisis, yet we have never compromised our level of care and commitment to people with learning disabilities, and we never will.

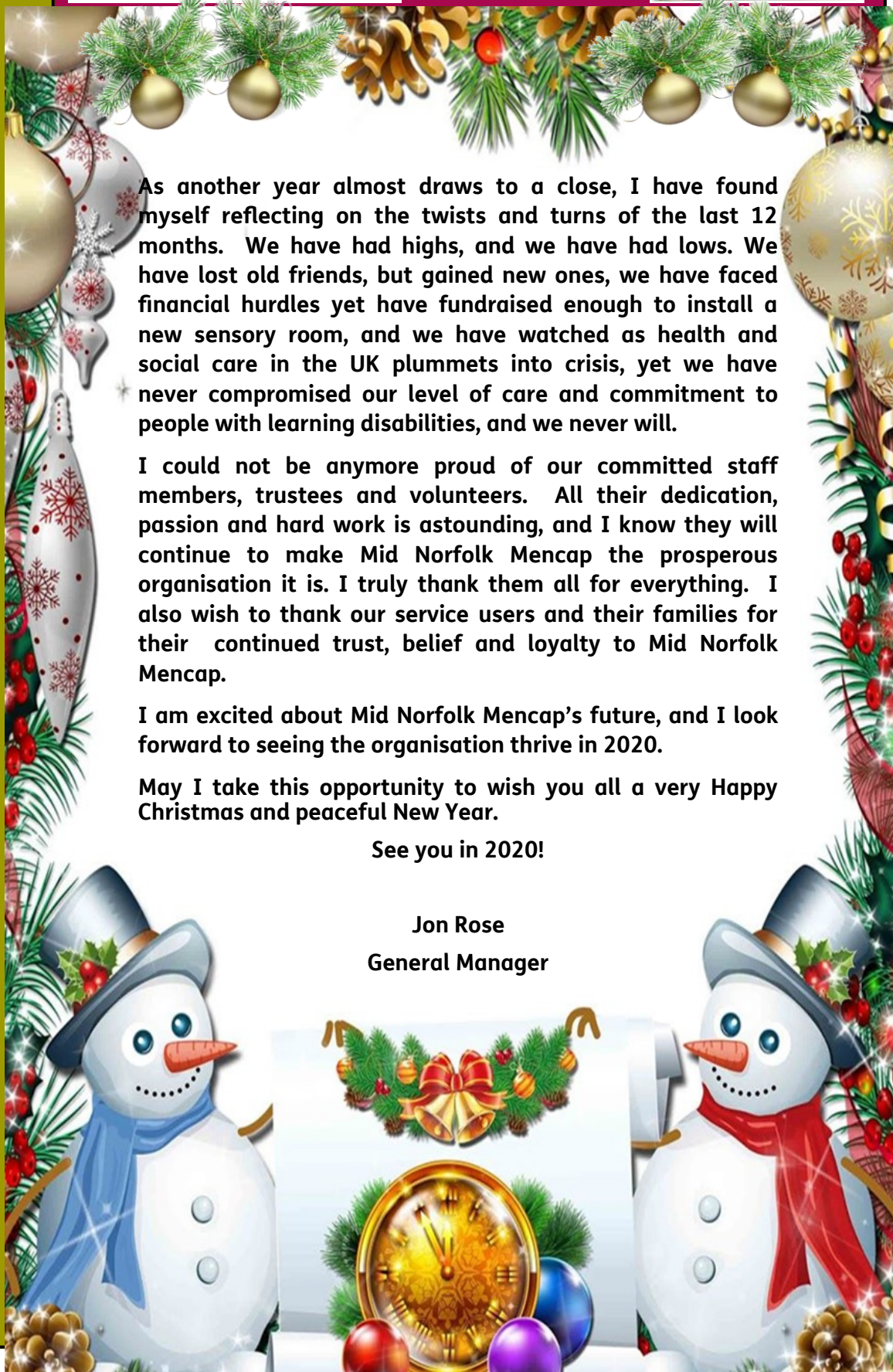
I could not be anymore proud of our committed staff members, trustees and volunteers. All their dedication, passion and hard work is astounding, and I know they will continue to make Mid Norfolk Mencap the prosperous organisation it is. I truly thank them all for everything. I also wish to thank our service users and their families for their continued trust, belief and loyalty to Mid Norfolk Mencap.

I am excited about Mid Norfolk Mencap's future, and I look forward to seeing the organisation thrive in 2020.

May I take this opportunity to wish you all a very Happy Christmas and peaceful New Year.

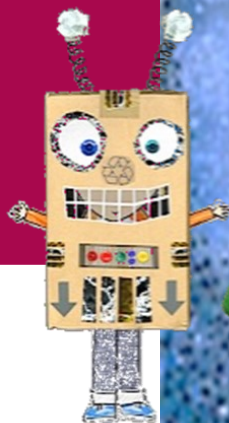
See you in 2020!

Jon Rose  
General Manager





**NEWS AND EVENTS**



**NORTH NORFOLK CHRISTMAS**

**DISCO & BUFFET 2019**

Will be held on Saturday 7th December 2019

at Holt Community Hall,

11 Charles Road, Holt NR25 6DA

From 18.30—22.00 hrs.

**FREE ENTRY**

**PLEASE COME IN FANCY DRESS**

If you would like to attend, please contact  
the Mid Norfolk Mencap Office on  
01362 693013 and ask to speak to Lorna or Anya



## CHRISTMAS WORD SEARCH FUN

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

- PRESENTS
- BELL
- MERRY CHRISTMAS
- REINDEER
- MULLED WINE
- NATIVITY
- STOCKINGS
- BAUBLE
- CAROLS
- MINCE PIES
- TREE
- TINSEL
- PUDDING
- TURKEY
- YULETIDE
- SANTA
- ELVES



Words can be found forwards, backwards, downwards, and diagonally. Can you find them all?

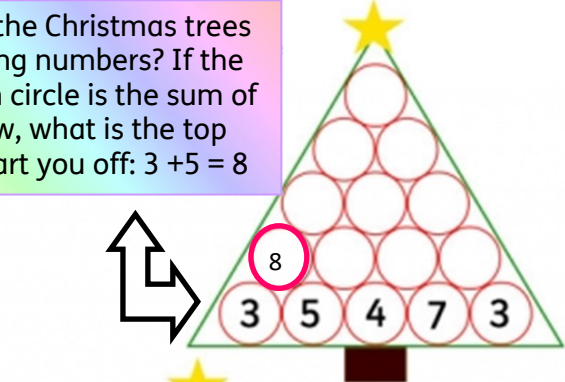


## Christmas Tree Pyramid Puzzles

Can you fill in the Christmas trees with the missing numbers? If the number in each circle is the sum of the two below, what is the top number? To start you off:  $3 + 5 = 8$

		4	2	3	
	2			1	
2					3
3			4		1
	5			4	
	3	6	1		

Fill empty squares so each number appears exactly once in every row, column and box using numbers 1-6

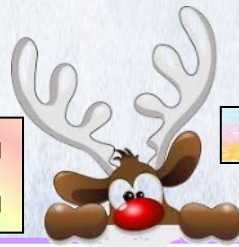


Pyramid Answers at bottom of page

Pyramid 1 – the top final number is: 78  
Pyramid 2 – the top final number is: 72

## Sudoku Solution

4	2	5	1	6	3	4
9	4	3	2	5	1	6
1	2	4	5	6	3	9
3	6	5	1	4	2	7
5	2	6	3	7	4	1
6	1	4	2	3	5	7







# Bingo Nights

Please note: There will not be a Bingo Night taking place on the 27th December 2019. The next Bingo Night will be on Friday January 31st 2010



Doors open 6.45pm

Mid Norfolk Mencap Proudly Announce  
their Bingo Nights  
on the last Friday of each month

from 7-9pm

All provided for the

grand price of £5

Come along, play bingo, eat chips,

**Win**



and Have a great time at

1a Tavern Lane Dereham NR19 1PX

Eyes down



## CLOSURE OVER CHRISTMAS

The Office at Tavern Lane will be closed from

4pm Monday 23rd December 2019 and will re-open on

Thursday 2nd January 2020

The last Drop in Session is Friday 20th December and will re-open on Tuesday 7th January 2020



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

**TBC**  
**10.30am-1.00pm**

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



**Norfolk Learning  
Disability Services  
Northern Locality Group  
meeting**

**3rd December  
Meeting: 2—5pm**

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



## 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 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. 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 2018/2019 flu season. This is planned to continue for the 2019/2020 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 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)





# *Mid Norfolk Mencap*

*(also serving North and South Norfolk)*

Come and dance the night away at our amazing

## *Christmas Disco*

Friday 6th December 2019

7.30pm - 11.30pm

Swanton Morley Village Hall

Christmas Raffle

Finger Buffet 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





## Saturday Clubs– December

Swaffham 7th December- Cooking and Crafting

Dereham 21st December– Bowling at Strikes followed by a mini buffet

**The last session will take place on Saturday 21st December  
and re-commence on Saturday 4th January 2020**

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 Carer Meetings



**No Family Carer meeting due to  
Christmas meal at George Hotel, Dereham on**

**Thursday December 12th 2019**

**Meeting at 12.00pm for sit down meal at 12.30pm**

**Next meeting will be on Wednesday January 8th 2020**

**Please note that all meeting dates for 2020 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

**Please Note:**  
CROMER Sessions

The last session will be on Thursday 19th  
December 2019. Re -opens on 9th January 2020

You're new  
around  
here.....

Cromer

Thursdays  
1.00pm—4.00pm

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

**Stepping Out Club**

- 2nd December—Music Quiz
- 9th December—No Meeting
- 16th December—Christmas Party
- 23rd December—No Meeting
- 30th December-No Meeting

Meeting held at Church  
House  
Church Street,  
Dereham

7.30—9.00pm

£1 Entry Fee

**Gateway Club**

- 4th December—Christmas meal at  
village Inn
- 11th December—Christmas Crafts
- 18th December— Christmas Disco
- 25th December—Closed for Christmas
- Sessions restart on Wed 8th January  
2020**

Dereham Community Hub  
Independence Matters,  
Rash's Green, Dereham

7.00—9.00pm

£1 Entry Fee



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