



Health care is in the forefront of the news nowadays with lots of health care leaders trying to develop positive future long-term plans for the NHS.

The NHS Health and care leaders have come together to develop a 10 year **Long Term Plan** to obtain the most value for patients out of every pound of ‘taxpayers’ investment. We have picked out the important factors to watch out for, relevant to learning disabilities.

Tackling preventable deaths and stopping over-medication and improving health checks are planned in primary care with the aim of reaching 75% of people aged 14+ with a learning disability annually. Hearing sight and dental checks will be given to young people in residential schools. Their aim is to trial autism-specific health checks, acknowledging that people with learning disabilities and autism will be supported fully. Funding for the learning disabilities ‘Mortality’ review programme, will continue with the aim of improving lives for people with learning disabilities nationally.

Improving the understanding of learning disabilities and autism within the NHS is to be addressed, with education and improved training about how to best support them, expecting all healthcare providers to make reasonable adjustments. A digital flag in a patient records will signify to staff that someone has a learning disability or Autism.

The plan aims to reduce waiting times for diagnostic assessment for children and young people suspected as being autistic. Their aim in the next three years is to see autism being included along mental health services to achieve timely assessments.

By 2023/24 children with the most complex needs will each have a designated keyworker to ensure they are best supported and will be extended to vulnerable children involved with social services and those in transition between services. The NHS plan to invest in community support reducing inpatient admissions, and improve the quality of inpatient care across the NHS and the independent sector.

The NHS organisations, Doctors, health professionals plan to work together with each other including local councils, to develop and implement their own strategies for the next five years. They will set out how they intended to take the ambitions that the NHS **Long Term Plan** details, by working together to turn them into local actions to improve services and health wellbeing of the communities they serve. This means that over the next few months, there will be an opportunity to help shape what the NHS **Long Term Plan** means for your area. To help with this, the NHS will work with local health watch groups to support NHS teams in obtaining the views of patients and making sure the public are heard. As soon as we find out when it affects NHS Norfolk, we will let you know in future editions. To find out more, information is available at www.longtermplan.nhs.uk

NEWS AND EVENTS



Grid 1

| | | | |
|---|---|---|---|
| | 1 | | |
| 3 | | | |
| 2 | | | 4 |
| | | 2 | |

Mini Sudoku
Using numbers 1-4
complete the grid



Mini Sudoku
Solution on Page 3

| | | | |
|---|---|--|---|
| | 3 | | 1 |
| | | | 2 |
| 4 | 2 | | |
| | | | |

Grid 2



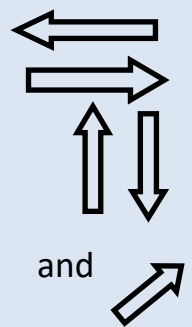
Fun search

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | S | N | N | E | C | O | M | M | U | N | I | T | Y |
| E | E | I | I | T | U | W | N | A | E | V | R | O | A |
| T | E | A | I | P | O | E | N | H | D | S | R | P | R |
| R | R | N | C | N | N | G | V | E | R | R | A | V | E |
| V | E | D | S | S | O | O | O | R | T | E | I | O | O |
| D | R | O | P | I | N | F | I | E | O | R | N | L | G |
| W | O | R | R | A | A | L | I | D | A | A | E | U | A |
| E | N | O | S | M | O | I | P | N | A | C | F | N | T |
| A | T | H | N | A | M | W | O | N | S | Y | R | T | E |
| T | R | A | N | S | P | O | R | T | E | L | W | E | W |
| H | W | R | O | R | R | R | N | E | C | I | I | E | A |
| E | R | I | A | T | N | I | D | A | N | M | N | R | Y |
| R | E | I | R | E | M | O | R | C | A | A | D | P | O |
| I | N | T | H | E | L | O | O | P | W | F | N | R | I |

- DROPIN
- SNOWMAN
- CROMER
- DEREHAM
- FAMILY CARERS
- WIND
- FOG
- RAIN
- GATEWAY
- TRANSPORT
- VOLUNTEER
- IN THE LOOP
- SNOW
- WEATHER
- COMMUNITY



Find the words listed opposite in the Fun Word search puzzle. Words are hidden



We now have our Breckland Lottery page up and running.

Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-

www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap



It is so difficult to stress enough our gratitude with all the remarkable help we have received during 2018 from all our fundraising sponsors. We are so grateful to each and everyone of them who have taken the time and considered us to be worthy of their fundraising efforts.

We would like to say a Massive

*THANK YOU THIS MONTH
TO*

Yaxham Waters

Mid Norfolk Mencap would personally like to thank
Yaxham Waters

for once again for organizing and hosting another fabulous Quiz Night' on
Friday 14th December.

A wonderful donation of £357 was raised on the night and will go towards
our Sensory and Well Being Room At Tavern Lane.

AND

Breckland Council

Breckland Council, who have been fundraising tirelessly throughout 2018 raising money for various charities, very kindly decided at the beginning of 2018, Mid Norfolk Mencap would be one of three charities to benefit from their fundraising activities.

Throughout the year, Breckland Council, have run many various raffles and cake stalls, with one fundraising event for example, being royally themed celebrating the Royal Wedding of Harry and Megan in May.

Breckland Council raised the spectacular total of £533.00 for us, which is gratefully received, and will be used for our Sensory and Wellbeing Room this year.

Notably, we would like to thank in particular Ruth Tudge from Breckland Council and Elaine Jordan, a Mid Norfolk Mencap Trustee and Breckland employee for their tireless efforts on our behalf.

WE APPLAUD YOU ALL

Grid 2 solution

| | | | |
|---|---|---|---|
| 4 | 2 | 1 | 3 |
| 3 | 1 | 2 | 4 |
| 2 | 3 | 4 | 1 |
| 1 | 4 | 3 | 2 |



Sudoku solution



Grid 1 solution

| | | | |
|---|---|---|---|
| 3 | 2 | 4 | 1 |
| 4 | 1 | 3 | 2 |
| 1 | 4 | 2 | 3 |
| 2 | 3 | 1 | 4 |

YOU'RE INVITED TO A MOVIE

Cinema nights are coming to Tavern Lane on Fridays once a month.

Our second film is on

Friday 22nd February 2019 18.45—21.00

Doors open at 18.45

Watch a film, munch popcorn and eat hot, chip shop chips,

All provided for the grand price of £5.

Pay at the door on the night

Don't forget to Bring extra money for drinks.

Tea, Coffee or Squash, available.

Sit back, relax and enjoy the film.

Each month, a film will be chosen by the attendees for the following months screening.



Norfolk Learning
Disability Services
Southern Locality Group Meeting

7th February 2019

10.30am-1.00pm

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



Norfolk Learning
Disability Services
Northern Locality Group

February 26th 2019

Meeting: 2—5pm

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

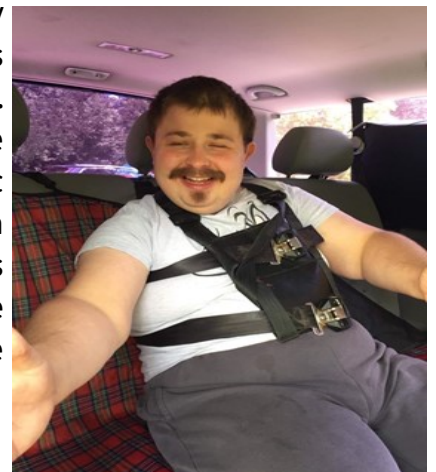


Community Support News

This month we are taking a dip into Adams week of daily activities. Adam is a young man in his 20's and is supported by Mid Norfolk Mencap in the community, Monday to Friday each week.

Adam in particular delights in the sport of swimming, and looks forward to this activity with his carers and feels totally at home in the water.

Adam has a fondness for good food, and spending time sightseeing whilst out in his van. Adam also loves music and in particular Fireman Sam, which he listens to when being driven to various venues. Adam particularly enjoys visiting High Lodge in Thetford, also Thetford park, where they have some wonderful swings and Norwich Park where Adam enjoys a walk around, especially in the summer.



Adam has a very good relationship with the community staff and appears to look forward to spending time with them. Adam will often drop in to the Tavern Lane office, for a cup of hot chocolate, (another favourite of his), and will at times spend time relaxing with a sensory session whilst there with lights and soothing music.

Adam has a closeness with his grandparents and enjoys making regular trips down to London to visit them, where he relishes their home cooked meals.



NORFOLK LEARNING DISABILITIES SERVICE

North Norfolk & Broadland Locality

You're invited to
Join Us

ON



TUESDAY

26th February

From 2-5pm

AT



Youngs Park
Woodgate Way
Aylsham
NR11 6UJ

THE NORTH LOCALITY MEETINGS ARE HELD AT A MODERN, EASILY ACCESSIBLE VENUE IN AYLSHAM !

THESE MEETINGS ARE DESIGNED TO FACILITATE COMMUNICATION AND ENGAGEMENT BETWEEN ORGANISATIONS PROVIDING SERVICES, COMMISSIONERS AND OPERATIONAL TEAMS. MEETINGS ARE OPEN TO CARERS, PARENTS AND ALL ORGANISATIONS IN NORTH NORFOLK DELIVERING SOCIAL CARE, SUPPORT, HEALTH, LEISURE ACTIVITIES, EVENTS AND HOUSING TO ADULTS WITH LEARNING DISABILITIES.

ATTENDANCE IS OPEN TO CARERS, PARENTS, RELATIVES, SERVICE USERS AND REPRESENTATIVES FROM ANY VOLUNTARY OR THIRD SECTOR, INDEPENDENT, PRIVATE OR STATUTORY AGENCIES AND ORGANISATIONS.

If you would like
to attend



PLEASE contact admin.ldnorth@nhc.nhs.uk

With your name, e mail address and organisation

THIS MEETING WILL INCLUDE A HEALTHY EATING COOKERY DEMONSTRATION FROM THE JOY OF FOOD



Family Voice Conference 2019

A conference will be taking place on

Saturday March 16th 2019 10.am -3.30pm

at the John Innes Conference Centre, Norwich, NR4 7UH,
organised by The 'Family Voice', Norfolk' Organisation.



These are a collective of parents and carers of children, who are working to improve services for parents and carers of children 0 – 25 years with special Educational Needs and/ or Disabilities. This is a wonderful event for all Norfolk parent carers and families of children and young people with Special Educational Needs and Disability. There will be guest speakers, workshops, the chance to book a slot to speak to professionals (subject to availability), information stalls, support groups, in fact everything in all matters of SEND.

It is entirely free to attend, there are free and extensive on-site parking facilities, lunch is provided and the opportunity to find out lots about services, that are SEND-related. The support is great. Come along and participate in the informative workshops and browse more than 30 information stands which are an important part of the conference.



Saturday Clubs– February



Swaffham - 2nd February— Chinese New Year Foods and Crafts

Dereham - 16th February—Valentines Day Crafts and Cookies

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 on Tavern Lane, Dereham



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.

Family Carer Meetings



The next Family Carers meeting is on
Wednesday 20th February



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.

Please note that all meeting dates for 2019 can be found on our website: www.midnorfolkmenca.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@midnorfolkmenca.org
Website: www.midnorfolkmenca.org



Dereham
Tuesdays and Fridays
10.00am—2.00pm

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

Drop In's

Cromer
Thursdays
1.00pm—4:00pm

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



Stepping Out Club

- 4th February — Visit to Strikes
- 11th February — No Meeting
- 18th February — Unusual Quiz
- 25th February — Music Night

Meeting held at Church House
Church Street, Dereham
7.30—9.00pm

£1 Entry Fee



Gateway Club

- 6th February — Albanian Washing Machine Company
- 13th February — Valentines Disco
- 20th February — Half Term Closure
- 27th February — Music Club

Dereham Community Hub
Independence Matters, Rash's Green,
Dereham
7.00—9.00pm

£1 Entry Fee