



Happy New Year!

Thank you to our amazing service users, staff, volunteers and members for an amazing 2024 here at Mid Norfolk Mencap. Despite various challenges over the last few months and some staff changes, we are really looking forward to the year ahead and excited about what is to come. A special thanks to the wonderful staff team that has worked so hard and provided such great support for our service users and residents. We can't wait to see what 2025 has in store for Mid Norfolk Mencap!

Keep an eye out for further updates throughout February.

In the Loop - Update

One of the staff changes recently has been my introduction as the new temporary administration and communications assistant – hi, my name is Lucy, and I will be writing In the Loop for the next few issues, as well as working on other communications and administrative tasks. I am really excited to be working for such an amazing organisation which is responsible for such important work – if anyone has any questions, suggestions or input for the next issue, or indeed anything else, please do not hesitate to contact me at lucy@midnorfolkmenca.org.



Dereham & District Gateway Club

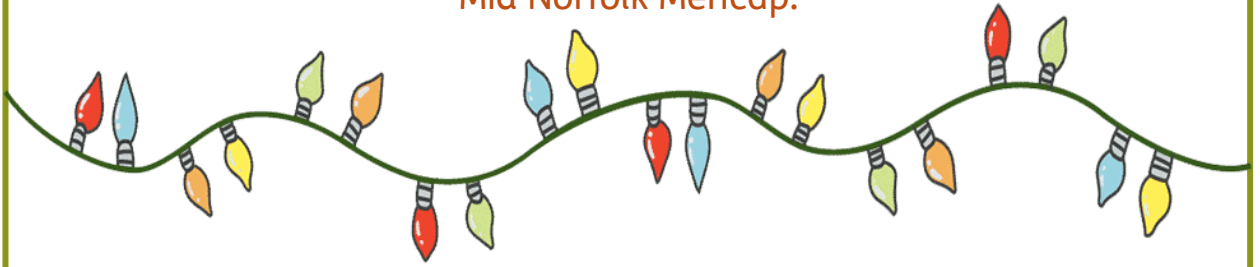
We really need some more volunteers for Gateway Club, so if you want a fun, interesting evening within a vibrant club setting, please contact the Mid Norfolk Mencap office for more information on 01362 693013 or by email to info@midnorfolkmenca.org.

Thank you!



Christmas at Mid Norfolk Mencap

We have had a number of wonderful Christmas celebrations here at Mid Norfolk Mencap.



Firstly, we had our most anticipated event of the year – the **Christmas disco!**

‘Tinsel Tim’ was back on 13th December 2024 with his party music, and our guests enjoyed dancing the night away. There was another annual rematch of the snowball fight, a Christmas buffet and a very special guest!



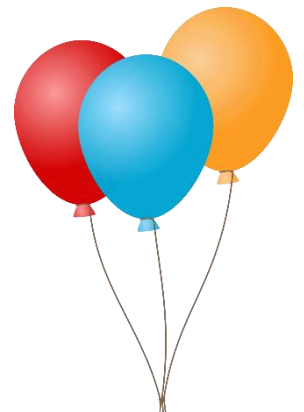
Here are some more photos with Santa!



Thank you to everyone who came along to our Christmas disco for making it such a special night!



We also had our **Community Outreach Support Christmas party** at the Mid Norfolk Mencap base – this was a chance for service users and staff alike to celebrate the festive season!



Christmas at Merle Boddy House was full of fun, presents and festive spirit!



Finally, on Christmas day, a trip out to the pub!



Dereham & District Gateway Club

THE NEXT MEETINGS DATES ARE:



31st January – Arts and Crafts Night

7th February – Zumba

14th February – Music Club



Also includes magic table, seasonal arts & crafts and topical quizzes!

AT:

The Meeting Point,
4 St. Withburga Lane,
Dereham NR19 1ED
Fridays, 7pm to 9pm

£2 entry (plus money for refreshments & raffle)

We would welcome donations of arts and crafts materials.

NORFOLK LEARNING DISABILITY PARTNERSHIP

www.norfolkldpartnership.org.uk

Open to the public and can include:

- People with learning disabilities and their families / carers
- People who work at the County Council, including County Councillors
- People who provide services for people with learning disabilities
- People from the local area who want to help



SOUTH NORFOLK Locality Meeting

Next meeting:
Wed 19th February 2025, 1.30pm-3pm
Venue:
Dereham Community Hub (Independence Matters)
1 Rashes Green, Dereham, NR19 1JG

WEST NORFOLK Locality Meeting

Next meeting:
Thurs 13th February 2025, 1.30pm-3pm
Venue:
Parkview Resource Centre,
Birch Tree Close, London Road,
Kings Lynn, PE30 5QD

NORTH NORFOLK Locality Meeting

Next meeting:
Wed 5th February 2025, 1.30pm-3pm
Venue:
About With Friends
22D Holt Road, Cromer, NR27 9JW

NORWICH Locality Meeting

Next meeting:
Wed 30th April 2025, 1.30pm-3pm
Venue to be confirmed closer to date.

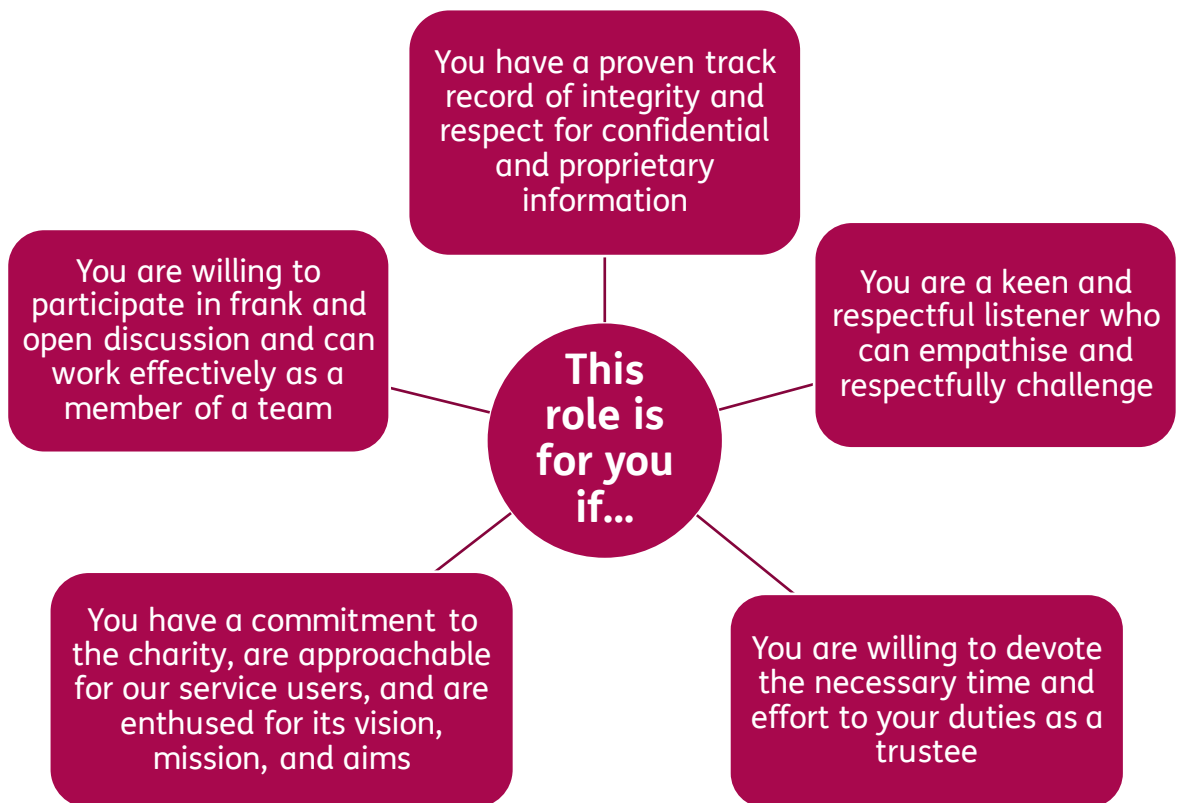
Become a Trustee!

Interested in joining our team of trustees? As we continue to grow and strengthen our services, we're actively seeking individuals who are committed to our cause and can bring valuable expertise to our organisation.

As a trustee, you would be an integral part of the Charity's governance. You'd meet people from different cultures, backgrounds, take part in the committee meetings knowing you are contributing to a worthwhile cause and acquiring new skills perhaps in areas unfamiliar to you.

Responsibilities:

This role is suited to candidates who can demonstrate professional or skills-based knowledge of benefit to the charity. We would particularly welcome applications from people with experience in the third sector, PR, fundraising, governance, risk management, management and law, and accountancy.



The role of Trustee is one that can offer considerable satisfaction, as well as various challenges. It does require time and commitment, but it is an incredibly rewarding role where you can make a real difference. The people here at Mid Norfolk Mencap will support you fully to be the best you can be in your role.

If this sounds like something that would be of interest to you, please do not hesitate to contact the Mid Norfolk Mencap office on 01362 693013 or by email to info@midnorfolkmenca.org. There is also additional information regarding this opportunity and an online enquiry form at the below link: <https://www.midnorfolkmenca.org/vacancies>

World Cooking Club

The Community Outreach Support Service is launching a new culinary adventure this year – **World Cooking Club!**

We invite our service users to excite their taste buds and explore the world through food, culture, arts and crafts.

Here are the dates and countries we will be exploring:

January 27th – China

February 18th – India

March 26th – UK

April 24th – Jamaica

May 23rd – Australia

June 16th – Spain



July 29th – Greece

August 27th – Italy

September 25th – France

October 24th – America

November 24th – Africa

December 16th – Germany

Cooking Club will be held at the Mid Norfolk Mencap hub. We look forward to this journey through the world in 2025!

Chinese New Year

Starting us off in January for our World Cooking Club, Chinese New Year!

Our service users spent the day cooking up a variety of Chinese-style dishes, serving it up for the whole team.

We decorated our room with Chinese New Year decorations, had special menus and enjoyed a lovely meal.

Thank you for all the staff involved for their hard work in making this happen!





What a wonderful start to the World Cooking Club!

For anyone who would be willing to receive this publication by email, rather than post, please contact the Mid Norfolk Mencap office so we can amend your preference – this will help our sustainability efforts and help to reduce paper and stamp costs. Thank you!



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