

## Changing Places Toilets

One of the biggest challenges disabled people face is finding and using a big enough disabled toilet to fit a person, a wheelchair and a relative/carer all at the same time. Some disabled toilets are simply not up to the job. Many disabled people have to plan into their trips out knowing where the disabled toilet facilities are first, before planning where to go for the day. This can be very frustrating and limiting to say the least. Having access to Changing Places toilets gives disabled people greater independence. Hopefully more retailers and venues will follow suit.

Tesco's in Dereham and many other Tesco stores nationwide, have listened to their disabled customers suggestions for a more functional toilet experience, and have come up with their Changing Places toilets, having installed 40 rooms nationwide at the present moment, with more planned for the future. This facility is designed to support parents / carers of disabled people who require the use of a hoist... changing bench... and /or a centrally located toilet. This will make the trip to the supermarket and days out easier, as there seems to be a Tesco store in many towns. Keep an eye out in your Local Tesco to see if a CP toilet is due to be installed in the future.



The rooms unlock with a Radar key. Should you have forgotten your Radar key, just ask at the Customer service desk in your local Tesco's. You can get further information about the RADAR key scheme from the [RADAR website](https://www.radar.org.uk) You should be able to obtain a RADAR key by contacting the Access Officer at your local authority. For those who can't get a RADAR key from your local authority, you can obtain one from RADAR directly for a small charge by calling: 01395265543 or Email: [sales@radar.org](mailto:sales@radar.org)

Dereham Tesco's CP  
Toilet





**THE RESIDENTS, STAFF & FRIENDS  
OF MERLE BODDY HOUSE  
WARMLY INVITE YOU TO THEIR**

**Valentines Disco**

**ON SUNDAY 9TH FEBRUARY 2020**

**2PM -TO- 5PM**

**AT TOFTWOOD SOCIAL CLUB  
( THE OLD SCHOOL, SHIPDHAM RD,  
DEREHAM NR19 1AH )**

**NIBBLES & CAKE INCLUDED IN TICKET PRICE**

**ADULTS £ 5  
CHILDREN UNDER 12'S £ 2.50**

**TICKETS AVAILABLE FROM THE  
MENCAP OFFICE  
1A TAVERN LANE, DEREHAM NR19 1PX**



## Family Carers Christmas Meal 2019

*The wonderful Family Carers group enjoyed a fabulous meal out at the George Hotel in December. This was a lovely moment in time to meet, chat, and enjoy a feast.*

*Group Leader Pauline Drury would like to thank all the carers for the support and kindness in keeping the group alive, all the volunteers for their help in the monthly sessions and in particular, Pauline would also like to thank those who attended the Partnership Board meetings being the groups voices come rain or shine. What a wonderful group of people as you can see by the happy smiling faces in this picture.*

## Time for a Spectacular Thank You.

We would like to say an awesome thank you to Sandra Yeoman, who has tirelessly raised money for the Saturday Club throughout the whole of 2019. Her terrific efforts, with her Tombola sessions have raised an amazing £240 which was put towards the costs of the Circus Trip in January 2020 for the Saturday Club Members. Every little penny helps, and Sandra knows this. Thank you again Sandra, we hope that you will continue to run your tombola....We also wish to say a huge thank you to Sandra Thomas, with her exceeding kindness, in giving us a £100 donation for the Saturday Club which was also put towards the Saturday Club Circus trip this year. What stars these ladies are.

Fundraising is such an important part of our Charity. Without such wonderful persons who put themselves out there on our behalf, some treats, trips, and activities would not happen so frequently as they do so now. I applaud all of our volunteers, helpers and members who take the time and make the effort for all the people we support in our organisation.



The Spider was hiding in the Christmas tree on the left hand side at the bottom of page 2 in the January Edition



## Stepping Out Club



If you are free on a Monday evening and are looking to do a spot of volunteering, then why not come along to the Stepping Out Club,

The club is run for people with learning disabilities, who can meet and have a chat along with a full programme of events each Monday. Expect to see and help with such activities as Game nights, Trips to Weatherspoon's, visits to 'Strikes' bowling complex in Dereham, making pancakes, craft nights that run throughout the year, unusual quiz themed nights, 'going for a stroll' evenings, and music quiz nights just to mention a few activities.

The Stepping Out club meet on Mondays from 7.30—9pm at Church House, Church Street in Dereham NR19 1DN - but please note, not on the 2nd Monday of each month.

We are always looking for volunteers, so why not come along, give a little of your time, and have an enjoyable evening, What have you to loose? Even your help once a month would be very much appreciated .

For more information please contact the office on 01362 693013 and ask to speak to Anya or Lorna.

## Family Voice Conference 2020

Each year, Family Voice Norfolk, who are the parent carer forum for Norfolk , hold a Conference where families can find out about all things to do with special educational needs and/or disabilities (SEND). This year the conference which is in it's 10th year takes place on Saturday 14th March from 9.30am To 3.30pm at the Jon Innes Institute, Norwich Research Park, Colney Ln, Norwich NR4 7UH.

They are not a support or information service, but communication is key to what they do. They listen to the experiences and wishes of families and make sure that those views are heard by those providing the services, so that they can be part of every stage of planning and decision making. Wherever possible, they aim to work in co-production.

Why not pop along. **Booking** opens towards the end of January. For further information Write to:-

**Family Voice Norfolk, PO Box 1290, Long Stratton,**

**Norfolk, NR15 2HD**

**Or Email:**

<https://www.familyvoice.org.uk/>



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

**5th March  
10.30am-1.00pm**

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



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

**TBC  
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)

# Saturday Club



A wonderful trip to the circus at Great Yarmouth took place on Saturday 4th January by the members of our Saturday Club.

Everyone who went along for the spectacle of seeing the circus acts were thoroughly excited watching all the acrobats, jugglers, tumblers, clowns, comedians and swimmers performing. Great Yarmouth circus has a wonderful secret in that they have one of a few remaining circus water rings, where the huge main circus ring fills with water and synchronised swimming takes place in front of the audiences eyes. In this day and age, this is truly engaging and thrilling at the same time. Many acts were accompanied by laser lighting along with some very funky music throughout the afternoon, and in particular, the laser lighting reflecting on the water made it even more spectacular. Every member had something positive to say about the trip, and continually talked to each other excitedly, recounting what they had liked the best on the way back to Dereham on the coach. What a day out.



Below are some of the pictures taken.





## Saturday Clubs– February

**Swaffham - Saturday 1st February - Winter Soup making day with crusty bread**

**Dereham– Saturday 15th February– Valentines Day Crafting**

**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

**The next Family Carers meeting is on**



**Wednesday 19th February 2020**



**Join us for a Wiggle and a giggle session**

**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**

**Please note that all meeting dates for 2020 can be found  
on our website: [www.midnorfolkmenca.org](http://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](mailto:info@midnorfolkmenca.org)  
Website: [www.midnorfolkmenca.org](http://www.midnorfolkmenca.org)**

Drop In's



**Dereham**  
**Tuesdays and Fridays**  
**10.00am—2.00pm**  
  
**1a Tavern lane,**  
**Dereham**  
**NR19 1PX**  
**£4.00 entry fee**

**Cromer**  
**Thursdays**  
**1.00pm—4.00pm**  
  
**Merchants Place**  
**16 Church Street**  
**Cromer, NR27 9ES**  
**£5.00 entry fee**



**Stepping Out Club**

- 3rd February— Beetle Game
- 10th February—No Meeting
- 17th February—Visit to Strikes
- 24th February—Making Pancakes

**Gateway Club**

- 5th February— Games Night
- 12th February— Valentine Night
- 19th February— Half -Term Closure
- 26th February- Music Club

**Meeting held at Church House**  
**Church Street,**  
**Dereham**

**7.30—9.00pm**  
  
**£1 Entry Fee**

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

**7.00—9.00pm**  
  
**£1 Entry Fee**

