

In The Loop



February
2021
Issue



**As you carry on
supporting those you love,
please take care of
yourselves too.**

You are braver than you believe,
stronger than you seem,
smarter than you think,
and loved more than you'll
ever know.”
A.A. Milne



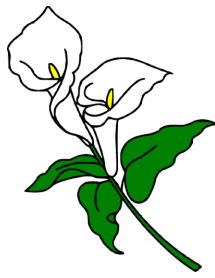
100 Club

Don't forget in April, we will be renewing our 100 Club raffle.

Sign up for our monthly draw for a chance to win prizes of £15, £10 or £5. Just imagine opening a letter with a cheque inside for up to £15!

The yearly cost is £15 and an application form can be obtained from the Mid Norfolk Mencap office.

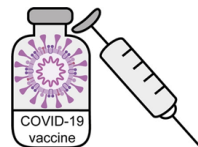
Call or email Sarah on 01362 693013 or sarah@midnorfolkmenca.org for more information.



ERIC HUBBARD

Older members of Mid Norfolk Mencap will have known Eric who passed away peacefully in hospital on 23rd December. Eric, who was in his mid 80s had been in poor health for some time yet he remained in good spirits and kept in touch with many former colleagues and friends. He was also up to date with the latest cricket scores!

Eric, as a Senior Social Services Manager, had a significant influence on the establishment of services for adults with learning difficulties in the Mid Norfolk area in the now hazy days of the 1970s and in particular with the establishment of the Dereham Day Centre and Whitstone House. His work with Merle Boddy, our founder Chairman, and Gillian Shephard, who at the time was Chairman of Norfolk Social Services Social Care Committee, was a unique and important partnership. Eric was a long time resident of Dereham and a great supported of Mid Norfolk Mencap and other local charities. The family service was held on 8th January and we know he will be greatly missed by his family and many, many friends. A service of remembrance will be held when restrictions allow.



COVID-19 VACCINE

The vaccination programme in Norfolk is underway and as we go to press for this issue, our support workers and staff at Merle Boddy House and in the community are getting vaccinated.

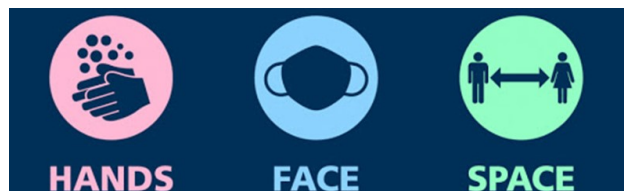
More than 6.3 million people in the UK have now had at least one dose of a vaccine to protect against Covid 19.

You'll be invited to book an appointment as soon as it's your turn, by phone or letter. Please wait for your GP to contact you, do not chase an appointment.

Frontline health and social care workers at high risk of acquiring infection, at high individual risk of developing serious disease, or at risk of transmitting infection to multiple vulnerable persons or other staff in a healthcare environment, are considered of higher priority for vaccination than those at lower risk.

Vaccines are being given to the most vulnerable first. A list of 9 high priority groups which covers about 32 million people - including 90-99% of those most at risk of dying - is being followed:

- Residents in a care home for older adults and their carers.
- All those 80 years of age and over and frontline health and social care workers.
- All those 75 years of age and over.
- All those 70 years of age and over and clinically extremely vulnerable individuals.
- All those 65 years of age and over.
- All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality.
- All those 60 years of age and over.
- All those 55 years of age and over.



Christmas at Merle Boddy House





Singing Hands also has a YouTube channel where you can learn more about how to sign with Makaton for users of all ages. They have everything from nursery rhymes, stories and games through to pop songs for older learners.

Suzanne and Tracy are regional Makaton tutors and co-founders and are also parents of disabled children – their inspiration for Singing Hands. Their unique and enthusiastic approach is designed to help develop someone’s communication potential through music, songs, games and activities. They focus on learning language in a way that is motivating, engaging and most of all, fun!

Have you watched Mencap TV yet?

Mencap have launched an online video channel, made by people with a learning disability.

Mencap TV has been co-created with people with a learning disability in response to the current Coronavirus outbreak. It is a collection of fun and instructional short videos released daily for the 1.5 million people at home and cover things like cooking, fitness, arts and crafts ideas and quizzes. All the videos posted by Mencap TV feature someone with a learning disability or people who support them.



Free sanitary and toiletry products

All Norfolk Libraries and Mobile Libraries are providing FREE sanitary products and toiletries to those in need. (No questions asked.)

There are two grab bags available, one contains sanitary products and the contains toiletries. If someone is in need, they can help themselves to both or just one of the bags.

Please check the opening times of libraries in this current lockdown.



Mencap Survey 2020



Social care is practical, professional support for people who need extra support with everyday life. This might be help with cooking, shopping, personal care or support with managing money or getting a job.

They surveyed 1,069 family carers of people with a learning disability to find out how they have been affected during the coronavirus lockdown by cuts to social care.

<https://www.mencap.org.uk/sites/default/files/2020-08/Social%20care%20survey%20%281%29.pdf>

FAMILY CARERS MEETINGS

**WE'LL BE
BACK SOON**
STAY SAFE

Monthly meetings were planning to resume in March in a Covid-secure manner, but they have had to be postponed again. We will keep you informed of the new start date.

Normal meetings take place between 10.30am and 12.30pm at Dereham Memorial Hall one Wednesday every month.

New faces are always welcome with a donation of £2 to cover the cost of refreshments and room hire.



Each year, Family Voice Norfolk holds a Conference where families can find out about all things to do with special educational needs and/or disabilities (SEND). It's also an opportunity for them to hear from families and for families to talk face-to-face with key managers from the local authority, health services and providers.

With the hope that conventions and gatherings will take place soon, the Family Voice Norfolk Conference is planned to take place on **Saturday 13th March**. Please make a note of this in your diary.

SATURDAY CLUBS

Due to continuing lockdowns, all meetings of the Saturday Club are still cancelled until further notice.

They would normally run from 10am to 4pm at £8 per session, held at Sacred Heart School in Swaffham and at the Mid Norfolk Mencap Office at Tavern Lane, Dereham.



CANCELLED

SOUTHERN Locality Group Meeting

Norfolk Learning Disability Services

Cancelled until further notice

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

CANCELLED

NORTHERN Locality Group Meeting

Norfolk Learning Disability Services

Cancelled until further notice

Change of meeting venue, now at:
The Bayfield Centre, Kelling Hospital,
Old Cromer Road, High Kelling,
NR25 6QA



SPECIAL CELEBRATION DAYS IN FEBRUARY 2021

LGBT+ History month

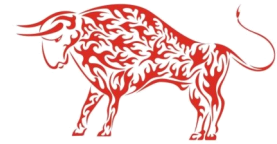
1st, Children's Mental Health Week

1st, Tinnitus Awareness Week

4th, Time to Talk Day

4th, Harry Potter Book Night

7th, Charles Dickens Day



12th, Chinese New Year, Year of the Ox

14th, St. Valentine's Day

16th, Shrove Tuesday

From 22nd, Fairtrade Fortnight



27th, International Polar Bear Day



WHAT CHINESE ZODIAC SIGN ARE YOU?

The Chinese New Year 2021 of the OX begins on 12th February 2021 and ends on 30th January 2022. The Chinese Zodiac features 12 animal signs in this order: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog and Pig. Originated from ancient zoolatry and boasting a history of more than 2,000 years, it plays an essential role in Chinese culture.

RAT	OX	TIGER	HARE	DRAGON	SNAKE	HORSE	RAM	MONKEY	ROOSTER	DOG	PIG
1900	1901	1902	1903	1904	1905	1906	1907	1908	1909	1910	1911
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031
2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043
2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055
2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067
2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079
2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091
2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103

SELF-ESTEEM

Self-esteem is the way a person feels about themselves and how much they value or appreciate their own worth. Someone with a healthy self-esteem can feel good about themselves and take pride in what they do, their skills and their accomplishments. Self-esteem is the result of comparing who you want to be and who you are. When you feel good about yourself, you're more likely to:



- pursue and attain your goals
- believe that you are capable of learning something new such as a sport or skill
- try new things
- become more approachable

Everyone's sense of self will grow and change—especially when you're trying to figure out who you want to be or how you fit in. Your self-esteem can be shaped by things such as:

- your environment (e.g. you receive constant criticism from your peers)
- how you feel about yourself (e.g. your body image)
- your expectations of yourself (e.g. you downplay your successes and focus on faults and failures)
- your experiences (e.g. you struggle with a difficult life event or family relationships)

It's important to know that self-esteem can change for the better. It can grow through things such as achieved goals, finished projects and other feelings of competence and personal pride. When it's strong, self-esteem can help you get through a challenging time. To help your self-esteem, you can:

- remember that you are more than your appearance
- identify your strengths/abilities and build on them
- take care of yourself by getting enough sleep, eating right and staying active
- Counter any self-critical thoughts with positive thoughts
- Be generous with others by volunteering
- Build a support system of people including family and friends
- Set realistic goals and plan an approach to stick with it until you succeed



The Kindness Rock Project is a viral trend where people paint pebbles or cobbles and leave them for others to find and collect. The trend originated in the US and has now spread to the UK.

The Kindness Rock Project was started by Megan Murphy in 2015 on Cape Cod. She wrote "You've got this" on a rock and left it on a beach. After a friend found it, she started leaving more rocks with inspirational messages behind.

As the trend of painting kindness rocks has spread, it has many derivatives but remains true to its original intention of spreading kindness. Rocks are painted as a social-emotional learning activity for children, as well as to support particular charities, events or movements. Generally, rocks which are hidden are intended to be picked up and then re-hidden in a different spot. However, different rock groups may have different ideas; some might be asked to be taken as far as possible.



The painting rock trend was revived during this Covid 19 pandemic. Have a go yourself!

DROP INS

Unfortunately, due to the continuing lockdowns, both the Cromer and Dereham Drop In sessions are cancelled until further notice. We will constantly be reviewing the situation and will keep you posted as to when the sessions will start again.

Cromer

Thursdays

1.00pm — 4.00pm

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



Dereham

Tuesdays and Fridays

10.00am — 2.00pm

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

Stepping Out Club

All meetings of the Stepping Out Club are cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:
Church House
Church Street
Dereham
7.30—9.00pm

£1.50 Entry Fee



Gateway Club

All meetings of the Gateway Club are cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:
Dereham Community Hub
Independence Matters
Rash's Green, Dereham
7.00—9.00pm

£1 Entry Fee

If you would like 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