



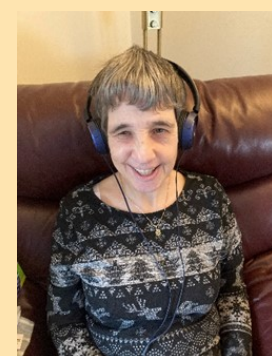
February
2022
Issue



CHRISTMAS CELEBRATIONS AT MERLE BODDY HOUSE



Our January issue goes to print before Christmas so this is a late catch-up on the festivities at the house. Our residents had fun over the Christmas period, opening presents together in the morning and enjoying their Christmas meal cooked by Chrissie.



In April, we will be renewing our 100 Club raffle.

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

Application forms for 2022/23 will be sent out next month.

We always welcome new members.

Please contact Sarah on 01362 693013 or sarah@midnorfolkmenacap.org for more information.



Make a note in your diaries.....

Our Summer BBQ is scheduled to take place at Jon & Ruth Gooch's on **Saturday 9th July 2022.**

Last year's BBQ was great fun and a real success for fundraising.

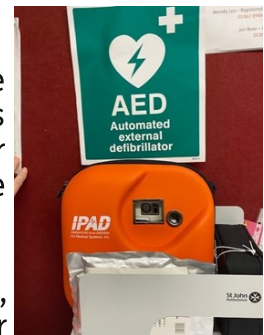
We hope to see you there!



DEFIB AT THE HOUSE

After a very long wait, we have a defibrillator at Merle Boddy House that was ordered back in August — now stored in the Manager's office and ready to go if needed. We are still waiting on the other one ordered for Tavern Lane. Either Covid or the Suez Canal blockage are being blamed on the supply delays!

A defibrillator is an advanced medical tool that delivers a high energy, electric shock to the heart through the chest wall. It is essential for those suffering a sudden cardiac arrest and can mean the difference between life and death. You can find defibrillators installed in public parks, workplaces, high streets and sporting venues. Wherever a defibrillator is located in a public area, they are known as PADs - public access defibrillators.



A defibrillator is its most effective when administered within the first minute of someone collapsing. If used within the first minute, the survival rate can be as high as 90%. If however, a defibrillator is used within the first 3 to 5 minutes, the likelihood of survival drops by 16%, showing that having a defibrillator close by makes a huge difference.

ALL AGE CARERS STRATEGY

Carers Voice Norfolk & Waveney are leading on co-producing the initial stage of the first All Age Carers Strategy for Norfolk & Waveney 2022-2025. This is to find out what Carers see as the priorities to support them and how they should be delivered, so that Carers receive the services they want and need.

A variety of methodologies are being used including a survey (link below), focus groups and workshops.

Carers Voice have worked with Carers to co-produce the questions for the survey and it is live now.

All responses are anonymous and cannot be identified to you as an individual. They will only be used to make recommendations to health and social care providers in Norfolk and Waveney.

Find the survey at: <https://www.carersvoice.org/carers-strategy/>



In January, we welcomed two new Support Workers for our Community Outreach Service:

Adam Taylor who has worked recently in a small residential care home near King's Lynn and **Joanne Marshall** who joins us with experience in the care sector after most recently working as a home carer locally.

We wish them all the best during their time here. Both have settled in well and the service users have enjoyed getting to know them.

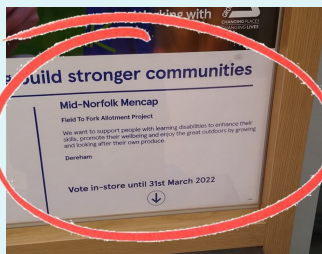


WE NEED YOUR TOKENS PLEASE!



One month has passed already of our Field to Fork Allotment project being one of the chosen Tesco Community Grants initiatives for local customer votes.

Until **Thursday 31st March 2022**, we are one of the three groups that customers in **Dereham's Tesco Extra** store can cast their vote for by using a token. You can see we are doing well so far, but every token counts!



Every time you shop at Tesco, you should be given a token at the checkout. If you are not given one automatically, which seems to be the case at the moment with Covid, you can ask for one or there are pots of counters at the packing areas to help yourself to.

Tesco works with community charity Groundworks to run its community funding scheme, which sees grants of up to £1,500, £1,000 and £500 awarded to local community projects. Three groups in every community have been shortlisted to receive the cash awards and shoppers are then invited to vote for who they think should take away the top grant.

We are really hoping to get the top grant to help make a difference and support people with learning difficulties to enhance their skills, promote their wellbeing and enjoy the great outdoors by growing and looking after their own produce.

Please spread the word to your friends and family so they choose us as it would be great to get the highest grant amount for our allotment project.



SUPPORTED BY OUR GREAT TEAM OF OUTREACH SUPPORT STAFF, HERE'S SOME OF THE FUN THAT OUR COMMUNITY SERVICE USERS GET UP TO.....



Callum climbed to the top of the church tower at St. Helen's Church in Ranworth, 89 spiral steps and two ladders to the top! The view is spectacular as you can see. Well done Callum!



One of our support workers organised, through a family friend, for Police dog handler PC Jim Wells to visit our offices with his 2 dogs to surprise Trevor (and Bogdan).

They were both over the moon and each had a drive in the car and were able to turn on the lights and sirens. A big thank you goes to Jim.



Callum enjoying the water at Dereham pool



Jade making some mince pies



Gaby practising some quick & easy meals

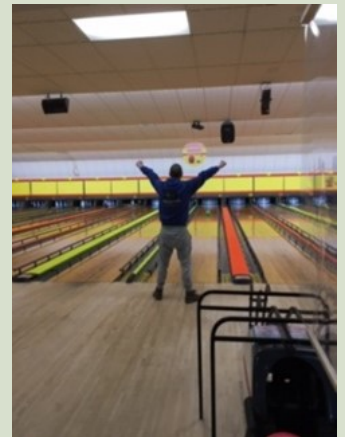


Zack making candles

Michael making a Christmas wreath & visiting a bingo hall



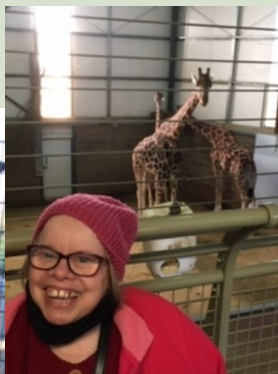
Craig at the bowling alley



Lawrence enjoying time at the local snooker hall



Pam visiting Banham Zoo



Kevin making lunch & volunteering for MNM



COVID-19

You can get a 1st and 2nd dose of the Covid-19 vaccine if you're aged 16 or over. You need two doses of the vaccine. People aged 18 or over should have their 2nd dose from 8 weeks after their 1st dose (those aged 16 or 17 should have their 2nd dose from 12 weeks).



If you have not booked your appointments yet, you're still eligible and can book anytime. A booster dose of the vaccine is available for everyone aged 18 and over, and some people aged 16 and over, who have had 2 doses of the vaccine at least 3 months ago. The NHS will let you know when it's your turn to have the Covid-19 vaccination. The vaccine is being offered at larger vaccination centres, pharmacies and some local NHS services such as hospitals or GP surgeries.

The vaccine is free of charge on the NHS. The NHS will never ask for:

- your bank account or card details
- your pin or banking password
- copies of personal documents to prove your identity such as your passport, driving licence, bills or pay slips.

SUPPORT FOR CARERS TO ATTEND COVID BOOSTER VACCINATIONS

Caring Together know how important it is that people looking after a family member or friend get the Covid-19 vaccination and boosters. They also know it can be difficult for carers and those they care for to be able to go to appointments for a range of reasons. This could be due to transport, needing someone to look after the person they care for. They are there to provide free help with this. If you are a carer in Cambridgeshire, Peterborough or Norfolk who has challenges attending your appointment to have your Covid-19 booster vaccination, please contact them. If you are a carer in Cambridgeshire or Peterborough, they can also help if you are struggling to get to your flu vaccination appointment.

You can call on 0345 241 0954
or
email hello@caringtogether.org



ADULT SOCIAL CARE WHITE PAPER

In September 2021, the Prime Minister announced £5.4 billion for adult social care reform over the next three years. At the Autumn Spending Review 2021, it was confirmed that £1.7 billion of this funding would be for major improvements across the adult social care system. This white paper sets out how some of this money will be spent to begin to transform the adult social care system in England, including investments in housing and home adaptations, technology and digitisation, workforce training and well-being support, support for unpaid carers, and improved information and advice.

You can learn more about the reforms on the Transforming Social Care website:

<https://engage.dhsc.gov.uk/social-care-reform/>



SPECIAL CELEBRATION DAYS IN FEBRUARY 2022



RAYNAUD'S AWARENESS MONTH

- 1st, Chinese New Year
- 2nd, Groundhog Day
- 2nd, Groundhog Day!



Raynaud's affects your circulation. It causes some areas of your body, like your fingers and toes, to change colour when you're cold or stressed.



- 4th—20th, Winter Olympics in Beijing
- 6th, Bob Marley's birthday



6th, British Yorkshire Pudding Day



12th, Darwin Day

13th, U.S. Superbowl Sunday

14th, St. Valentine's Day



19th, Real Bread Week



27th, Cornish Pastry Week



28th, Eating Disorders Awareness Week

CHINESE YEAR OF THE TIGER starts from 1st February and ends on 21st January 2023. 2022 is a Water Tiger year.



Years of the Tiger include:

2022, 2010, 1998, 1986, 1974, 1962, 1950, 1938

People who are born in the Year of the Tiger are known for possessing traits such as bravery, power, strength, competitiveness and self-confidence. They are known for their charm and are popular with others. Additionally, Tigers work enthusiastically and confidently express themselves, doing things with a dominant manner.

Famous Tiger Year People:

Queen Elizabeth II: born on 21st April 1926, a Fire Tiger.

Tom Cruise: born on 3rd July 1962, a Water Tiger.

Leonardo DiCaprio: born on 11th November 1974, a Wood Tiger.

Lady Gaga: born on 28th March 1986, a Fire Tiger.

The Tiger is known as the king of all beasts in China. The zodiac sign Tiger is a symbol of strength, exorcising evils and braveness. Many Chinese children wear hats or shoes with a tiger image on for good luck.

Tiger's Compatibility with 12 Zodiac Animals

	Rat	Ox	Tiger	Rabbit	Dragon	Snake	Horse	Sheep	Monkey	Rooster	Dog	Pig
Tiger	☹️	⊗	⊗	☹️	❤️	⊗	❤️	😊	⊗	🕒	🕒	❤️

❤️ Perfect match

🕒 Complementary

❤️💀 Good match or enemy

😊 Good friend

☹️ Average

⊗ Worst couple



Start dates will be published here and members notified directly when we have information on re-opening dates for these clubs:

DROP INS in Dereham and Cromer,
SATURDAY CLUBS in Dereham and Swaffham
& GATEWAY CLUB



FAMILY CARERS MEETINGS

After a break of a few months, the next meeting will be on **Wednesday 20th April**

Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

Dereham Memorial Hall, 62A Norwich Street, Dereham NR19 1AD

Hand sanitisers and facemasks will be available at these meetings if needed.

We look forward to welcoming old members back and seeing new faces too. We have set the April meeting date to avoid people being away for Easter.



STEPPING OUT CLUB

Meetings take place at Church House, Church Street, Dereham. 7.30pm — 9.00pm with a £1.50 entry fee.

Their meeting day is Thursdays and future dates are:

Thursdays 10th and 17th February

Thursdays 3rd and 31st March



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