



February
2023
Issue



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

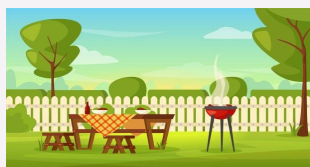
Sign up for our raffle draw for a chance to win monthly cheque prizes of £15, £10 or £5.
Three money prizes each month.

Application forms will be sent out next month to current members.

We always welcome new members.

Please contact **Sarah** on **01362 693013** or email **sarah@midnorfolk Mencap.org** for more information.

DATES FOR YOUR 2023 DIARY...

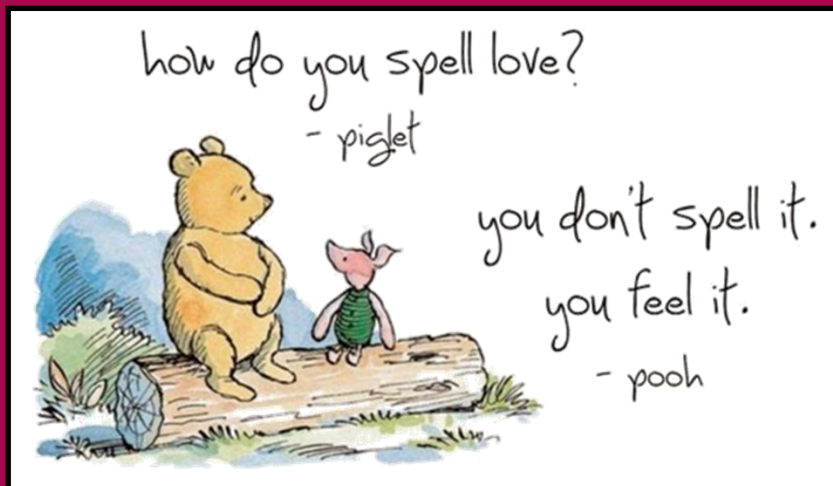


Last year's BBQ was great fun and a real success for fundraising. We hope to see you on Saturday 8th July.

Our Annual General Meeting will be on the evening of Tuesday 3rd October.



We have also got a date fixed for the Christmas disco on Friday 8th December.





**Residents at Merle Boddy House
opening presents on
Christmas morning and
enjoying their Christmas dinner.**



family voice
norfolk
together improving services

Annual Conference
Saturday 11th March 2023
John Innes Centre, Norwich NR4 7UH

Find out about all things SEND from

- information stands
- workshops
- face-to-face meetings with professionals
- keynote speaker



Find out more at
www.familyvoice.org.uk
f FamilyVoiceNorfolk
t @familyvoicenfk

COMMUNITY HOT SPOTS

These have been made possible with support from Norfolk Community Foundation via grants from Norfolk County Council and the Surviving Winter Fund. Community Hot Spots have been funded across Norfolk for those who need to use them.



For those struggling with keeping warm this winter, **ASD HELPING HANDS** have become the latest in a long list of organisations opening their doors to everyone who is struggling to keep warm this winter with the rise in energy, food costs and the general price of living.

ASD Helping Hands will be opening their offices at Breckland Business Centre, Dereham, between the hours of 10am and 2pm each Tuesday and Friday until March 2023. They will offer a warm non-judgemental environment with free hot drinks, snacks if available and also be on hand to provide any advice around the cost of living schemes and welfare advice that you may be able to claim to support yourself and your families.

Children are welcome and they do have a selection of games available for them to play with and a library from which books can be borrowed. Their office is fully accessible with access to a disabled toilet and baby changing facilities.

CARROW PARK, the Community Sports Foundation's facility next to Carrow Road Football Ground in Kerrison Road, Norwich will also be opening its doors as a designated Community Hot Spot. Every Wednesday morning between 8.30am and 10.30am until 29th March 2023, members of the public will be able to use the space to stay warm, enjoy a free cup of tea or coffee, and connect with others.

Newspapers and Norwich City FC matchday programmes will be available to read, while a trained mental health first-aider will be on hand to provide one-to-one support, if required.

THE GATEWAY CLUB

Events Calendar Spring 2023

**Come along to The Meeting Point, Dereham NR19 1ED
Fridays 7pm to 9pm, £2 per week (with weekly raffle & tuck shop)**



- | | |
|---------------------------|------------------------|
| 3 rd February | Mr Mix It |
| 10 th February | Music Club |
| 24 th February | Games Night |
| 3 rd March | Club Night |
| 10 th March | Music Club |
| 17 th March | Celebrate Red Nose Day |
| 24 th March | Elvis |
| 31 st March | Club Night |



THE BIG LEARNING DISABILITY SURVEY RESULTS



Last year, Mencap conducted a national survey with people who have a learning disability in the UK. This happens every 2 years.

1,972 adults (aged 18+) took part in the survey about important issues including healthcare, discrimination, money and support.

Here are some of the key findings:

HAVING A PAID JOB: More than 2 in 10 people said they have a paid job. Of the people who do not have a paid job, over 3 in 10 people said they would like to have a paid job.

RELATIONSHIP STATUS: More than 2 in 10 people said they are in a relationship or married. Most people said that they are single or divorced or widowed.

HEALTHCARE: Over 4 in 10 did not have an annual health check in the last year. Of those who did, nearly 6 in 10 did not receive a Health Action Plan. Nearly half said their most recent doctor or hospital appointment was good, with over 1 in 10 saying their appointment was poor. Most people said extra reasonable adjustments would have made their appointment better.

(Reasonable adjustments are small changes that can help people with a learning disability to be treated equally.)

Some people said they would like to have longer appointments. Some people said they would like their doctor, or hospital doctor to have a better understanding of learning disabilities.

ANNUAL HEALTH CHECKS: Nearly half of people said they have had an annual health check in the last year. Nearly 6 in 10 people said their most recent annual health check was good, with a few people saying their most recent annual health check was poor. Almost 6 in 10 people said they did not get a health action plan at their most recent annual health check. (A health action plan is a booklet that shows: your health needs, what will happen about your health needs (including what you need to do) and who will help when your next appointment will be.)

DISCRIMINATION: Over 4 in 10 people said they did not go out in the past week because they were worried about something.

The top thing people worry about is people calling them names or bullying them. Some people said they were still dealing with the effects of the Coronavirus pandemic on their mental health.

People were asked who they would go to for help and support if they were being treated unfairly.

Nearly 7 in 10 people said they would go to family or friends.

Almost 4 in 10 said they would go to their support workers.

Almost 2 in 10 people said they would go to the police.

Most of these people said they need their family to help them ask for help and support.

MENTAL HEALTH: Over 6 in 10 people said they had felt happy in the past week.
Over 3 in 10 people said they had felt lonely.
Over 4 in 10 people said they had felt sad.
Over 3 in 10 people said they had felt angry.

MONEY AND SUPPORT: Over 2 in 10 people said they do not have enough money.
Over 2 in 10 said they do not have enough support.
Over 1 in 10 people said they do not know where to go for support.
A few people said they are in debt.
Most people said their parent or carer looks after their money and support.
Some people said they have felt worried about having enough money for living costs such as hobbies or going out.

LIVING COSTS: We asked people to think about which living cost they have been worried about in the past week.
4 in 10 people said food shopping.
Nearly 4 in 10 people said energy (gas, electricity, and heating).
Nearly 2 in 10 people said care and support charges.
Over 2 in 10 people said going out with friends.
Over 2 in 10 people said hobbies and activities.
Lots of people told us that their parent, carer, or financial deputy works out how to spend their money on living costs.

WHAT WOULD MAKE YOUR LIFE BETTER?

We asked people to share one thing that would make their life better.

The top answers were:

1. Getting a paid job.
2. Getting more personal support.
3. Having friends and socialising.
4. Stopping discrimination.
5. Lowering the cost of living (things like gas, electricity, food and rent).
6. More independence.

NEXT STEPS:

After hearing all the views on important issues such as healthcare, discrimination and money and support, Mencap will now work with the government and organisations to make change happen.

DOWNLOAD THE FULL REPORT OR THE EASY-READ VERSION AT:

<https://www.mencap.org.uk/2022-big-learning-disability-survey-results>

To get support,
you can contact Mencap's Learning Disability Helpline.

It offers free advice and support for people with a learning disability, their families and carers.

Phone: 0808 808 1111

Email: helpline@mencap.org.uk



NEW ACCESSIBLE TOILETS FOR NORFOLK

North Norfolk has received £300,000 to build five new accessible toilets across the district. Government funding will see new Changing Places accessible toilets built in North Walsham, Sheringham, Wells and Fakenham. It is hoped new toilets will make more North Norfolk destinations accessible to everyone.

The council already has two Changing Places facilities, one situated at the North Norfolk Visitor Centre in Cromer and the other in The Reef Leisure Centre in Sheringham. Changing Places toilets allow people with limited mobility, disabilities or specific care needs who cannot use standard accessible toilets, to use a facility with advanced equipment, including moveable hoists and changing benches.

The new public toilets in the Stearman's Yard Car Park in Wells are now open. The facilities are complete with male and female toilets, two gender-neutral toilets with 24-hour access, Changing Places facilities, disabled access toilets and a baby changing area.



In addition to Wells, work is underway in Queen's Road, Fakenham and Vicarage Street, North Walsham, to provide better energy and water-efficient toilets to the towns. Both of these are scheduled to be open later this year.

Many residents and visitors with accessibility requirements plan their trips around the availability of accessible facilities like the Changing Places rooms. The introduction of these facilities to more towns means that more can visit without worry.



FUSE PARTIES IN NORWICH

Established in 1967, the BUILD Charity provides social, leisure and learning opportunities for anyone, with any disability, aged 18 or above in Norfolk.

Join Fuse for Norfolk's best Club style party for people with disabilities at **The Waterfront, King Street, Norwich.**

The next dates are:

Thursday 23rd February & Thursday 30th March, 6.30pm to 9pm

No need to book, just turn up.

Plenty of space and air extraction to keep people safe.

Open to anyone over the age of 18 with disabilities, and their carers

Entry is £5 per person with up to 2 carers getting in free.
(BUILD Gold Members get discount if they produce a Membership Card).

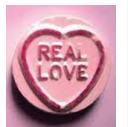
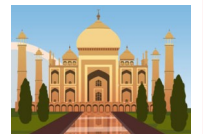
Full Bar and DJ Barry Dunning of Silverlight Disco back on stage.

More details at: <https://www.buildcharity.co.uk/news/fuse-parties-in-norwich>

FUN VALENTINE QUIZ QUESTIONS (Answers below)



1. 'Love Shack' is a 1989 single by which group?
2. Whose romantic relationships were written about in a 1996 novel by Helen Fielding?
3. Who fell in love with Marge Bouvier in 1974 when he met her at summer camp?
4. What is the first name of Mr. Darcy - the romantic hero in Jane Austen's novel *Pride and Prejudice*?
5. What is widely regarded as 'the most beautiful monument to love ever made'?
6. Name the Greek equivalent of the Roman god Cupid?
7. Who wrote the song *Crazy Little Thing Called Love* whilst in the bath?
8. Who wrote: 'Tis better to have loved and lost, than never to have loved at all.'?
9. Which hard, tablet-shaped sweets, manufactured by Swizzels Matlow, contain a love-related message on one side?
10. In 1929, The Saint Valentine's Day Massacre occurred in which American city?
11. Which star sign are you if your birthday is on St. Valentine's Day?
12. In 1537, which English King declared 14th February the holiday of St. Valentine's Day?
13. In May 2010, the city of Paris expressed concern over the growing number of what items put on bridges?
14. Yuri and Lara fall in love in which classic film?
15. The play *Romeo and Juliet* is set in which Italian city?



- ANSWERS:**
1. The B-52's
 2. Bridget Jones's
 3. Homer Simpson
 4. Fitzwilliam
 5. The Taj Mahal
 6. Eros
 7. Freddie Mercury
 8. Alfred Lord Tennyson
 9. Love Hearts
 10. Chicago
 11. Aquarius
 12. Henry VIII (8th)
 13. Padlocks (which sweethearts lock to bridges to symbolise their love)
 14. Dr. Zhivago
 15. Verona, Italy

FAMILY CARERS MEETINGS

Please contact:

Pauline Drury or Sue Rimmer

for more information about future gatherings & events.

Pauline: 01362 637895

(Email: paulinedrury@yahoo.co.uk)

or

Sue: 01328 855157

(Email: suerimmer10@btinternet.com)

DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane,

Dereham NR19 1ED

Fridays, 7pm to 9pm £2 entry

DATES FOR FEBRUARY & MARCH:

3rd, 10th & 24th February

3rd, 10th, 17th, 24th & 31st March

(See inside for planned activities)



COME ALONG AND MEET NEW FRIENDS.

STEPPING OUT CLUB

Meeting at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
on the first & third Thursday of each
month

7.30pm to 9pm

£2 entry fee (plus money for tuck)

THE NEXT MEETING DATES ARE:

2nd and 16th February

2nd and 16th March

6th and 20th April

New members always welcome.



Produced with love by MID NORFOLK MENCAP

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