

Upcoming Events

⇒ **Neurodiversity Celebration Week – 17th to 23rd March 2025!**

This is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It provides the opportunity to recognise the many skills and talents of neurodivergent individuals, and aims to create more inclusive and equitable cultures that celebrate differences and empower every individual.

<https://www.neurodiversityweek.com/events>

⇒ **Local Saver Weekend at Bure Valley Railway – 1st and 2nd March 2025**

50% off full price tickets
<https://www.bvrw.co.uk/events/local-saver-weekend>

⇒ **Quiet at the Aquarium (Sealife Hunstanton) – 2nd March and 6th April 2025**

Music and televisions at the aquarium are switched off until 11am to provide a quieter experience around the aquarium. There are also ear defenders available should you need them. Perfect for those with sensory sensitivities!

Upcoming Events

⇒ **Special Running Weekend at Mid Norfolk Railway – 22nd and 23rd March 2025**

Special timetables and a diverse range of locomotives



A Special Thanks

Thank you so much to East of England Co-op in Toftwood, who chose Mid Norfolk Mencap as their charitable organisation for the last three months. We have consequently received a generous donation, which will be spent on resources for our service users and some special activities. We are very grateful for this support, so please do pop into the store!



What's been going on in the Community Outreach Support service?

World Cooking Club

February 18th saw our service users take on the next instalment of the world cooking club, this time focusing on India! They explored the country through food, culture, arts and crafts.



We also had some special guests from Merle Boddy House join us, which made it all the more fun!

Here are some photos from the day!



Our menu:



Special thanks to Rani's Indian Dining for their donation of desserts and chocolates, which were such a treat and the perfect way to finish the experience!



Duxford Trip

We also had a very exciting trip to the Imperial War Museum in Duxford which some of our service users had been looking forward to for months.



We are delighted to have recently welcomed Gavin to the Community Outreach support team, who used to be a support worker at Merle Boddy House. He has become a great asset to the team. We look forward to continuing to work with him!

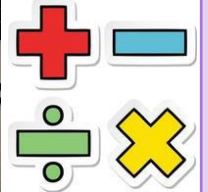
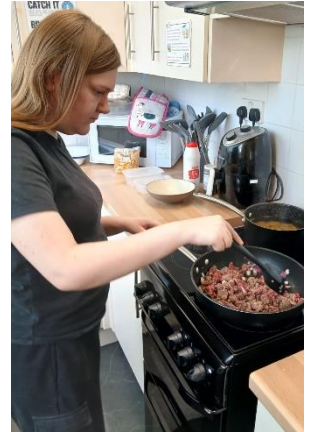


The team also enjoyed a meal out to Rani's Indian Dining in February, which was a very fun night! We are grateful to have such an amazing team.

Out and About in the Community



Cooking, Exercise and Crafting



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>



Volunteers needed

We are looking for volunteers for our Dereham & District Gateway Club – if you're someone who is looking to make a difference in their community and support individuals with different needs and abilities of all ages, then Gateway Club is the perfect volunteering opportunity for you. Each week you'll experience a fun, interesting evening in a vibrant club setting.



When?

Every **Friday** evening
(except school holidays)
From **7pm** to **9pm**



Where?

At the Meeting Point
4 St. Withburga Lane
Dereham
NR19 1ED



For more information,
please contact the Mid
Norfolk Mencap office on:

01362 693013

info@midnorfolk Mencap.org

midnorfolk Mencap.co.uk

Dereham & District Gateway Club

Upcoming Meeting Dates:

Club Night

**Feb
28**

**Arts &
Crafts
Night**

**Mar
7**

Music Club

**Mar
14**

**Easter
Themed
Bingo**

**Mar
21**

**Line
Dancing**

**Mar
28**

**Karaoke
Disco**

**Apr
4**

7pm – 9pm

At the Meeting Point
4 St. Withburga Lane
Dereham
NR19 1ED

£2.00 entry

(Plus money for
refreshments and
raffle)



Also includes seasonal arts & crafts and topical quizzes

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:

Wednesday 28th May 2025,
1.30pm-3pm

Venue:

Dereham Community Hub
(Independence Matters)
1 Rashes Green, Dereham, NR19 1JG

WEST NORFOLK Locality Meeting

Next meeting:

Thursday 21st May 2025,
1.30pm-3pm

Venue:

Parkview Resource Centre,
Birch Tree Close, London Road,
Kings Lynn, PE30 5QD

NORTH NORFOLK Locality Meeting

Next meeting:

Wednesday 7th May 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.

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!



Produced by MID NORFOLK MENCAP

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