



Chairpersons New Year Greetings

I would like to wish you all a New Year filled with happiness and good health. After a few turbulent years we have a brilliant team, who I can see moving the organisation into the future with all the challenges it may bring.

Bearing in mind the restrictions that Norfolk County Council are finding themselves with and passing on to us, I am sure we are all having to find new ways to be as efficient as possible whilst still giving excellent service to our customers and families.

We have some very exciting projects coming up in 2018 so watch this space.

Best Wishes for 2018!

Pat Grout



NEWS AND EVENTS

December was jam packed with celebrations across our many services and we would like to thank all of the people involved in helping make these celebrations so successful.

Our Christmas Dance was a great success, so a big thank you to all of those who bought tickets and donated raffle prizes. A special thanks to Pat and Richard Grout, Jon and Ruth Gooch, and Pauline Sizeland for helping out with the food. The raffle raised £130.00 and this will go towards new laptops for our Drop In.

Our thanks also go to 'Kenny and the Motives' who provided the music.



Registered Office Closure Over Christmas

The office at Tavern Lane will be closing on 22nd December and will re-open at 09.00 on Wednesday 3rd January 2018.

Norfolk Learning Disability Services
Southern Locality Group Meeting

1st February 2018
10.30am-1.00pm



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

Norfolk Learning Disability Services
Northern Locality Group Meeting
10.00am start

T.B.C.

Friendship Hall,
Mill Road,
Aylsham, Norfolk
NR11 6DS



Saturday Clubs—January

Swaffham - On 6th January— Making healthy soup and working on Chinese New Year activities

Dereham - On 20th January - Cooking 'Chinese' themed foods and crafting Chinese lanterns.

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 on Tavern Lane, Dereham.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 10.30am-12.30pm and will cost £15 per session.



If you would like to attend the music sessions please contact Sallie on 01603 766690



Family Carer Meetings

The next Family Carers meeting is on

Wednesday 17th January 2018

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 cost of refreshments and room hire.



Please note that all meeting dates for 2018 can be found on our website:

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 Website: 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**



Gateway Club

10th January—Music Club

17th January—Prize Bingo

24th January—RK Magic

**31st January—Pantomime
Queens Hall Watton**

**Dereham Community Hub
Independence Matters, Rash's
Green, Dereham
7.00—9.00pm**



Stepping Out Club

1st January—No meeting

8th January—No meeting

**15th January—Cerys/Ellie/
Hannah**

**22nd January—Weird &
Wonderful Quiz**

29th January— Visit to

Romany Rye

**Meeting held at Church House
Church Street, Dereham
7.30—9.00pm**