



*Wishing You All*



*a Very Happy*

*And prosperous New Year*

I hope you all had a good Christmas with lots of fun and parties and thank you to those who supported our Christmas Disco.

Without you all we would not be able to have such a wide range of services to offer so please keep coming.

We will continue to support you in any way we can. Remember to use our many services: Community Support and Residential Services, Family Carers, Drop-in's, Playschemes, Gateway, Stepping Out, and the three Disco's held in North Norfolk. If you have any other services you would like us to consider please speak to Jon Rose, or any member of the Management team, or myself.

Thanks must go to all the Trustees, Jon Rose and the Management Team, all staff and volunteers for the many hours you put into helping us develop this brilliant organisation.

I am sure we will all face challenges during 2019, many of them from Norfolk County Council whilst they continue to struggle with the cuts forced upon them.

We already have some good things lined up for this year, the start of the Sensory Room, Anya's new Film Nights, Dereham Carnival, and various discos.

Happy New Year

Pat Grout

Chairperson



# NEWS AND EVENTS

December was jam packed with celebrations across our many services. The Christmas Dance at Swanton Morley was a great success, so a big thank you to all of those who bought tickets, and donated raffle prizes. We would also like to thank the management team and all of the people involved in helping make these celebrations so successful on the night.

Our marvellous raffle raised £72. This will go towards our Sensory Room and Well being project.



## North Norfolk Christmas Disco

We also celebrated the North Norfolk disco which took place on the 1st December. We would like to thank Penny Kirk and her Merry band of helpers who worked tirelessly all evening again this year, organising a fabulous disco and buffet for everyone, which was very much appreciated judging by all the smiles on every ones faces.







## Get Your Flu Jab

As those who have had the flu will tell you, it is very different to a common cold, at the very least, it can confine even the fittest person to bed and for people with long term health conditions, it can be very serious indeed.

As health care workers, we play an important role in protecting the vulnerable people we support, both in the Community and at Merle Boddy House and the health of the public in general.

With the seasonal influenza impending, and in particular the increased pressure on the health service, being vaccinated yourself is one of the simplest way of protecting and endorsing who we care for, our colleagues, as well as our family members.

The flu vaccine is highly advised and usually free for people aged 65 and over, and to other persons with long standing eligible health conditions. Most surgeries and pharmacies offer the vaccination, which is usually available from September to December.



Seasonal influenza immunisations can be provided free of charge. NHS England and Public Health England, introduced a programme offering free flu vaccination to nursing and care home workers during the 2017/2018 flu season. This will continue for the 2018/2019 season. It has recently published guidance about who will be eligible this winter for a free influenza vaccine. It is targeted at staff employed by a registered residential care/nursing home or a registered domiciliary care provider.

The sooner you have your vaccination, the more effective it will be. You can ask your local pharmacist or GP for the information in obtaining free flu vaccination. Even if you need to pay for the vaccination, it is certainly worth its weight in Kleenex tissues alone.

You can also find information online at [www.tinyurl.com/NHSfluinfo](http://www.tinyurl.com/NHSfluinfo)

**We now have our Breckland Lottery page up and running. Support local causes and win prizes of up to £25,000.**

**50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.**

**Tickets only cost £1 per week.**

**To start supporting, visit:-**

**[www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap](http://www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap)**

**our breckland  
lottery**

Support local good causes  
win up to £25,000!



# YOU'RE INVITED TO A MOVIE

Cinema nights are coming to Tavern Lane on Fridays once a month.

Our first film is on

Friday 25<sup>th</sup> January 2019 18.45—21.00

Doors open at 18.45

Watch a film, munch popcorn and eat hot, chip shop chips,

All provided for the grand price of £5.

Pay at the door on the night

Don't forget to Bring extra money for drinks.

Tea, Coffee or Squash, available.

Sit back, relax and enjoy the film.

Each month, a film will be chosen by the attendees for the following months screening.





**Norfolk Learning  
Disability Services  
Southern Locality Group Meeting**

**7th February 2019  
10.30am-1.00pm**

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



**Norfolk Learning  
Disability Services  
Northern Locality Group**

**No date set yet**

**Meeting: 2—5pm**

**Note: Change of meeting  
venue— Now at  
Youngs Park, Woodgate Way,  
Aylsham NR11 6UJ**

## Community Support News



January takes us on a visit to Jades world of activities. Jade is supported in the community on a weekly basis.

Jade regularly attends a nursery each week in the mornings in Toftwood, where she helps support young children with their activities. Jade absolutely adores this session, and loves to muck in with all the painting and sticky craft activities. Her love of crafting at the nursery, spills over into her home life, where Jade will often spend the afternoon, along with her supporter, crafting and writing lists. Jade has a love of music, T.V. and films. Jade will, given the chance,

choose to watch films at the Norwich or Dereham Cinema, and said she really enjoyed the film *Mama Mia*, in fact, so much so, Jade then purchased the films' Sound track Album., and attended the Theatre Royal in Norwich to see the stage show.



Jade is also a keen shopper, and loves browsing the shops both in Dereham, and Norwich, in fact anywhere. Jade then enjoys winding down after all the shopping and walking around, by eating KFC for lunch given the chance.



Jade took particular pleasure this summer, following the trail of the **GoGo Hares** around Norwich and other Norfolk, towns, being happy and excited when she found each new hare, and asking for a photo with each one. Jade can't wait to find out what the new creatures might be for next years trail. Jade also visited the Eco centre in Swaffham, this summer, where they had an exhibition on the life of a bee, Jade was delighted to dress up as a bee on this occasion, as well as having her picture taken whilst on a visit to Undley Pumpkin Patch and Maize Maze this early Autumn.



## Stop Hate in Norfolk- A New Incident Protocol



We write this month on hate incidents which are becoming more and more frequent in our community these days. Often, victims of hate incidents are not confident to report hate incidents to the police, due to being frightened or perhaps think it is not important. Some people, with care and support needs do not always recognize they have been a victim of a hate incident.

The campaign has been running for a year now with the partnership of Norfolk Constabulary and Norfolk County Council, who are working hard to increase the public's confidence to report hate incidents and crime.

It is often difficult to understand what a Hate incident / crime is. A hate incident is any incident in which the victim or anyone else believes, that someone that has shown/ spoken prejudice towards them because of their Disability, age, sexual orientation, religion or race to name a few. Hate incidents can include, Name calling, Physical attack, vandalism, hate mail and texts and theft to name a few.

You can report a hate incident / crime if you are a victim, if you have witnessed an incident or on behalf of someone who has.

There are several ways to report hate incidents: -

- In an emergency phone 999
- In a non-emergency phone 101
- Text 07786200777
- Going into any Norfolk County Council public building; e.g. libraries and reporting it.
- Contact the police via e-mail:- [enquiries@norfolk.pnn.police.uk](mailto:enquiries@norfolk.pnn.police.uk) or visit their website:- [www.norfolk.police.uk/stop-hate](http://www.norfolk.police.uk/stop-hate) to find out more.



### Family Voice Conference 2019

A conference will be taking place on  
Saturday March 16th 2019 10.am -3.30pm  
at the John Innes Conference Centre, Norwich, NR4 7UH,  
organised by The 'Family Voice', Norfolk' Organisation.



These are a collective of parents and carers of children, who are working to improve services for parents and carers of children 0 – 25 years with special Educational Needs and/ or Disabilities. This is a wonderful event for all Norfolk parent carers and families of children and young people with Special Educational Needs and Disability. There will be guest speakers, workshops, the chance to book a slot to speak to professionals (subject to availability), information stalls, support groups, in fact everything in all matters of SEND.

It is entirely free to attend, there are free and extensive on-site parking facilities, lunch is provided and the opportunity to find out lots about services, that are SEND-related. The support is great. Come along and participate in the informative workshops and browse more than 30 information stands which are an important part of the conference.



## Saturday Clubs– January

**Swaffham - 5th January— Make your own pampering soaps**

**Dereham - 19th January—Make your own pampering Body wash**

**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



**Sadly due to the lack of numbers, Musical Keys are having to withdraw their musical services from January 1st 2019, therefore the last musical keys session at the Mid Norfolk Mencap Office at Tavern Lane in Dereham will be Wednesday 19th December 2018.**

**from 10.30—12.30pm**



**We would like to take this opportunity to thank everyone and wish you all well in 2019.**



## Family Carer Meetings



The next Family Carers meeting is on



**Wednesday 16th January**

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 2019 can be found on our website: [www.midnorfolk Mencap.org](http://www.midnorfolk Mencap.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@midnorfolk Mencap.org](mailto:info@midnorfolk Mencap.org)  
Website: [www.midnorfolk Mencap.org](http://www.midnorfolk Mencap.org)**



Dereham

Tuesdays and Fridays

10.00am—2.00pm

1a Tavern lane,

Dereham

NR19 1PX

£4.00 entry fee



Drop In's

Cromer

Thursdays

1.00pm—4.00pm

Merchants Place

16 Church Street

Cromer, NR27 9ES

£5.00 entry fee



**Stepping Out Club**

**TBC**

7th January —

14th January —

21st January—

28th January—

Meeting held at Church House

Church Street, Dereham

7.30—9.00pm

**£1 Entry Fee**



**Gateway Club**

9th January— Club Night

**The new program for 2019  
will be given out on  
9th January Club Night**

Dereham Community Hub

Independence Matters, Rash's Green,

Dereham

7.00—9.00pm

**£1 Entry Fee**