



Happy New Year

2020

## A New Year Message from our Chairperson

Wishing you all a very Happy and Peaceful New Year and I hope you had a brilliant Christmas.

As I write this, we do not know what the future holds for the Social Care Environment in this Country with the General Election having just taken place. We can only hope that we have a better outcome with the new Government and things will be kinder and easier for us all.

I ask you to come and use our many and varied services and look forward to seeing you at the various clubs and events. The Sensory Room will soon be open, do come and have a look. This has been a major achievement in 2019 and thank you to all who gave so generously and helped this happen.

Whatever the future brings we at Mid Norfolk Mencap will all work together to forge a brighter future for our service users, families, carers, staff and volunteers.

I wish to thank the many committed volunteers and staff for the dedication you have given us and invite you to help us make 2020 a fantastic year as we go forward.

Best Wishes

Pat Grout Chairperson

## Saturday Club

Welcome to the start of a new year. We are continuing to write up about the clubs we offer throughout each year when space permits in our editions. The Saturday Club is just one. We have previously written about the Gateway Club, and Cromer Drop-in, so I thought it would be lovely to write up about the Saturday Club this month. The Saturday Club runs on the first Saturday of the month in Swaffham and the third Saturday of the month in Dereham from 10.00am – 4.00pm.



Exercising in the hall at Swaffham

This is a relaxed, informal club which gives people from across Norfolk the opportunity to meet with friends on a regular basis. The Club is run by a leader who is supported by a group of volunteers.

The Saturday Club is of real benefit for both the service users and families; providing stimulating recreational and leisure opportunities for the service user, whilst offering a means of respite to the parent or carer. For example, members just love to spend the morning sessions, preparing the raw foods, in preparation for a meal they will later cook and eat with relish, or crafting, using some wonderful mediums, or just simply throwing a ball around and playing team games at the Saturday Club venue in Swaffham. The room (which is a school gym) is just perfect for those with lots of energy to burn off.

Throughout the year, in September, members have the chance to attend Joan Manns Sports day, at the USA Mildenhall Air Force Base, for a day of sport and immense fun. Other activities throughout the previous year have seen members go bowling, enjoying a train ride starting at Dereham to Wymondham on the Mid Norfolk railway, visiting Banham Zoo, celebrating Halloween and other themed days throughout the year, and in particular, a favourite of members has been the musical and Television quizzes that are held frequently, and will most certainly be continuing.



Fun at Banham Zoo

I have listed below the addresses and session costs. If you wish for further information, please contact the office at Tavern Lane.

**Swaffham venue – The Sacred Heart School, 17 Mangate Street,**

**Swaffham, PE37 7QW**

**Dereham venue – Mid Norfolk Mencap, 1A Tavern Lane, Dereham,**

**NR191PX**

**The club costs £8 per session**

**If you wish for further information, please contact the office at Tavern Lane.**



Easter Egg Hunting at Swaffham

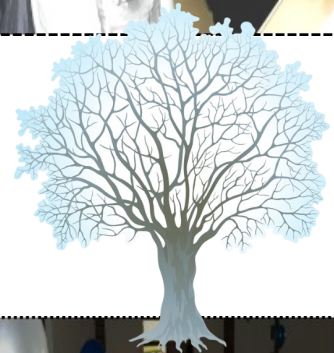


# Mid Norfolk Mencap

## Christmas Dance

The lights on the stage were moving brightly around the Swanton Morley Village Hall at this years Mid Norfolk Mencap Christmas Dance. Inside the hall, people were dancing along to 'FB's Disco' and their amazing disco light effects show. The hall was full of people chatting away, with drinks in hand and faces full of smiles, whilst others coveted the dance floor, twisting, turning, and having a wonderful time with their partners and friends. The evening was a resounding success so a big thank you to all of those who brought tickets and donated raffle prizes. We would also like to thank everyone involved in helping to make these celebrations so successful on the night.

Below are some wonderful pictures of the evening.





# CINDERELLA

**RELAXED PERFORMANCE**  
**THURSDAY 16 JAN 5PM**

Don't miss Norwich Theatre Royal's most magical festive family spectacular of all: **Cinderella**.

Join us for the timeless tale of a rag to riches servant girl who falls in love with Prince Charming. Will she get together with the man of her dreams or will her nasty Sisters thwart her happiness?

Expect magical twists, songs, fun, laughter and adventure with this stunning production.

NORWICH  
THEATRE  
ROYAL

**TO BOOK**

Please call our Box Office on **01603 630000**

*(Relaxed performances cannot be booked online).*



Here is a show that would be the ideal performance for anyone who loves the storybook 'Cinderella'. The Theatre Royal in Norwich are putting on a special relaxed performance this year.

What is particularly nice is that if you have Autism, Asperger's, a learning difficulty or want a more relaxed theatre show, then the relaxed performance of their pantomime, Cinderella could just be the show for you.

During the performance, lights will be kept on a low level, sound levels will be reduced, and you are most welcome to use ear defenders, tablets and phones, and to use fidget toys at any time. You can leave and re-enter the auditorium and use the toilets at any time during the show and if this is still too noisy for some, you can watch the performance on TV screens in the foyer. They also have a chill out room if you need a quiet space. A complimentary ticket is available for Personal Assistants.

If you'd like any more information, please contact our Box Office on

01603 630 000 / [BoxOffice@TheatreRoyalNorwich.co.uk](mailto:BoxOffice@TheatreRoyalNorwich.co.uk)

or Lorna Heap, Access Officer, on

01603 598 613 / [L.Heap@TheatreRoyalNorwich.co.uk](mailto:L.Heap@TheatreRoyalNorwich.co.uk)

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

**5th March**  
**10.30am-1.00pm**  
The Annexe,  
Watton Sports Centre  
118 Dereham Road  
Watton, IP25 6HA



**Norfolk Learning  
Disability Services  
Northern Locality Group  
meeting**

**TBC**  
**Meeting: 2—5pm**  
**Note: Change of meeting  
venue— Now at**  
Youngs Park, Woodgate Way,  
Aylsham NR11 6UJ



## 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 NHS are strongly recommending vaccination for frontline health and social care workers. The flu vaccine 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.

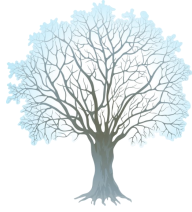
Seasonal influenza immunisations can be provided free of charge. NHS England and Public Health England, introduced a programme offering free flu vaccination to nursing and care home workers during the 2018/2019 flu season. This is planned to continue for the 2019/2020 season. It has published guidance 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)



# NORTH NORFOLK CHRISTMAS



## DISCO 2019

December saw many dances and discos take place and what a good time was had at this years North Norfolk Disco at Holt. The Christmas disco is a favourite for North Norfolk members with a fantastic turn out each year. This year, members were asked to attend in fancy dress, and as you can see by the photos, they did indeed come dressed in a wonderful mix of colourful character costumes, some came dressed with Christmas lights aglow on their outfits, the hall was full of colour, chatter and excitement.

We would very much like to say a huge thank you to Penny Kirk, who again with her Merry band of volunteers, succeeded in laying on a wonderful spread of food, drink and very importantly, washing and clearing up at the end of the evening. They work tirelessly every year. We applaud you. What a wonderful night was had by all.

Below are some very colourful pictures and outfits and a lovely picture of Penny and her Merry band. Enjoy.



Penny Kirk and her Merry band

Hidden in this edition of the Loop is a spider, can you spot him? Answer in next months issue.

## Saturday Clubs– January 2020



Swaffham - 4th January 2020– Visit to Gt Yarmouth Circus

Dereham – 18th January -Chinese New Year Crafting



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 at Tavern Lane, in Dereham

## Family Carer Meetings

The next Family Carers meeting is on



Wednesday 8th January 2020



Join us for a Wiggle & Giggle session  
& a Raffle

Please join us between 10.30am—12.30pm at Dereham Memorial

Please note that all meeting dates for 2020 can be found  
on our website: [www.midnorfolkmenca.org](http://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](mailto:info@midnorfolkmenca.org)  
Website: [www.midnorfolkmenca.org](http://www.midnorfolkmenca.org)



Drop In's

NEWS AND EVENTS



**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

**Stepping Out Club**

**TBC**

6th January-

13th January—

20th January—

27th January—

Meeting held at Church House  
Church Street,  
Dereham

7.30—9.00pm

£1 Entry Fee

**Gateway Club**

8th January- Club night and prize  
bingo

15th January— Wiggle & Giggle

22nd January- Music Club

29th January- Panto 'Camelot' at  
Queens Hall Watton

Dereham Community Hub  
Independence Matters,  
Rash's Green, Dereham

7.00—9.00pm

£1 Entry Fee

