

I wish you all A VERY HAPPY NEW YEAR.

Well phew, we all got through 2022!

As I write this, the sun is shining on a cold, but lovely, December day. The weather this year has been, like our lives, very challenging.



I am sure, like us, you are wondering what the Governments, both local and national are going to do and how it will affect us all. Social Care is in dire need of an overhaul, but I can't see that happening any time soon. I hope you have been campaigning for a fairer deal from the cuts that Norfolk County Council are proposing. We are all resilient people and will make the most of anything life throws at us.

We here at Mid Norfolk Mencap are doing our absolute best for our clients, staff, families, volunteers and friends. As seen in the newspapers and on television, finding staff is still very difficult as people do not seem to want to do this type of worthwhile work. It is very rewarding, but it can be challenging and is highly skilled.

We have fantastic staff, trustees and volunteers, all of whom give their best to support our brilliant service users in the community and residential services, and those in the wider community.

We were very fortunate in being able to have our BBQ during the summer in a wonderful garden thanks to Jon and Ruth Gooch, and a brilliant Christmas disco in Swanton Morley. Who could forget the 'snowball fight'!

Gateway Club and Stepping Out have restarted, so please come along to them. We are working on the other clubs and activities, so please read In The Loop for further announcements.

We are always in need of volunteers and trustees, so if you have time to spare, please contact Tavern Lane for more information.

I wish you all a happy and prosperous New Year.

**Pat Grout**  
**Chairperson**

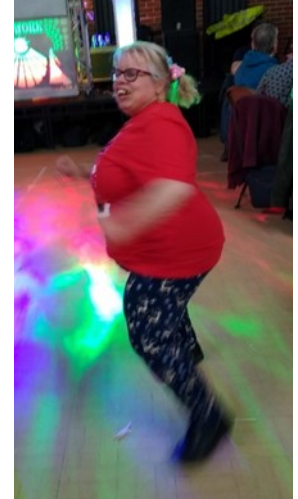


## DISCO TIME



We all enjoyed the Christmas disco on 3rd December at Swanton Morley Village Hall.

Mid Norfolk Mencap members, residents from Merle Boddy House, Community clients, parents & carers and our staff came together to celebrate after a long break since the last one in 2019!





**GETTING INTO THE  
CHRISTMAS  
SPIRIT!**



**Hope to see you all again  
next December.**

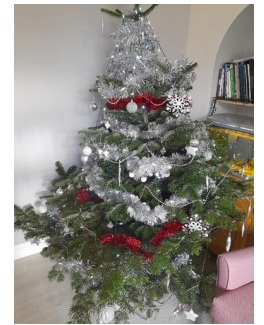


**WE WOULD LIKE TO THANK ALL THESE COMPANIES FOR THEIR KIND RAFFLE PRIZE CONTRIBUTIONS FOR OUR CHRISTMAS DISCO.....**

**We would love to see the photos from the visit of whoever won the Meerkat experience at Africa Alive!**



**OUR THANKS ALSO GO TO JOHN RUTLAND FOR AGAIN DONATING A REAL TREE FOR OUR RESIDENTS AT MERLE BODDY HOUSE TO DECORATE.**



**FAMILY CARERS CHRISTMAS PARTY**

**The Family Carers Group gathered here at Tavern Lane on 30th November for an early Christmas party. They enjoyed food and a raffle while catching up. Thanks to Sue and Pauline for organising.**





## DEREHAM & DISTRICT GATEWAY CLUB DISCO

The club always end the year with a Christmas disco, so now the club is back on a normal routine, Friday 16th December was no different.

Everyone gathered to DJ Gary for a dance, Christmas raffle and a present from Father Christmas.

Thanks go to Pat Grout and all the volunteers for organising.



## FOOTBALL FEVER

Many of our clients from the Community Outreach Service were keen on following the World Cup at the end of 2022. They went over to The Railway Tavern on 25th November to watch the (drawless) England v USA match to show their support, while eating their fish and chips.



It was a very thrilling final on 18th December between Argentina and France.

Did you watch?.....

Did your favourite team win?





The Community Outreach Service Christmas party on 16th December was interrupted by a very special visitor. We were all truly bewitched by Santa. Thank you for making time to drop by and see us all.





Everyone got the chance to talk to Santa and the magic continues.



## THE YEAR by Ella Wheeler Wilcox



What can be said in New Year rhymes,  
That's not been said a thousand times?

The new years come, the old years go,  
We know we dream, we dream we know.

We rise up laughing with the light,  
We lie down weeping with the night.

We hug the world until it stings,  
We curse it then and sigh for wings.

We live, we love, we woo , we wed,  
We wreath our prides, we sheet our dead.

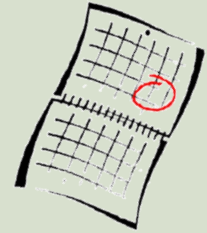
We laugh, we weep, we hope, we fear,

And that's the burden of a year.



Dates for these clubs restarting  
will be published here when we have more  
information for 2023 for:

**DROP INS**  
in Dereham and Cromer  
& **SATURDAY CLUBS**  
in Dereham and Swaffham



## DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED

Fridays, 7pm to 9pm

£2 entry (plus money for tuck & raffle)

### DATES FOR EARLY 2023:

6th, 13th, 20th & 27th January

3rd, 10th & 24th February

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



## 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:

5th and 19th January  
2nd and 16th February  
2nd and 16th March



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