



Mid Norfolk



# Summer Barbeque

(in aid of Mid Norfolk Mencap)

Saturday 13th July 2024

6pm to 9pm



at 'Netherley', Tolvers Loke, Reymerston NR9 4FF



Adults £8 each

Children (under 12) £4 each

Price includes BBQ food



There will be a raffle and games to take part in too

Soft drinks, tea & coffee available for small donation

Feel free to bring your own alcohol



**NUMBERS ARE RESTRICTED AND SELLING FAST**

**SO PLEASE SECURE YOUR PLACE BEFORE 8TH JULY**

Please phone or email Vivienne at Mid Norfolk Mencap

Tel: 01362 693013 Email: [Vivienne@midnorfolk Mencap.org](mailto:Vivienne@midnorfolk Mencap.org)

Payments will be taken by BACS

**FINGERS CROSSED FOR SUNSHINE**



In The Loop

# 2024 UNITED KINGDOM ELECTION

## THURSDAY 4TH JULY



**Conservatives**



**Labour**

**Everyone UK citizen, over the age of 18 is eligible to vote,  
Every vote matters, your voice matters!!**

There are three different ways in which you can choose to vote

**Voting in Person**

**Postal Voting**

**Voting by Proxy**

Before every election, you will receive a card with details such as, the date of the election, where you have to go if you choose to vote in person or by Proxy, and the last date for posting your vote, if this is the route you have chosen.

All the details will be on the card.



**Liberal Democrats**



**SNP**



**Green Party**



## NOW IT'S TIME TO VOTE



### Voting in person

**This can only be done on the day of the Election**

Your card will have your Polling Station address on it. This is normally a community building, such as a school, a church, or a hall and will always be local to you. You can go to the Polling Station anytime from early in the morning up until about 10pm in the evening.

Remember, everyone will be voting on the same day, so you may have to queue. It is very important that you take some form of photo ID with you, otherwise you will not be permitted to vote. This can be in the form of Photo Driving Licence, a Passport, a Bus Pass, Disabled Bus Pass, it MUST have your picture on it.

Now you will be given a slip of paper, similar to the one above and this is where you will make your vote, by ticking the box beside the name of the Party that you have chosen to vote for.



Once you have done this, there will be a box similar to this one, where you will put your completed slip of paper. Everyone will do the same thing and these will all be added up at the end of the evening.

### Postal Vote

**This can be done before Election day**

If you have chosen and registered to vote this way, you will receive a postal vote form with instructions on how to fill it in, and when it needs to be posted by. It will also come with a pre-paid envelope to send it back in.

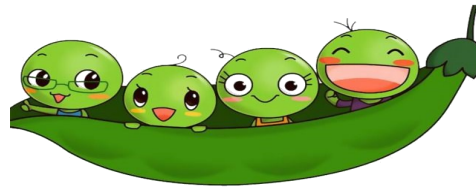
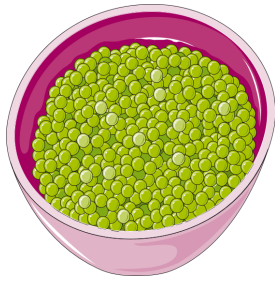
### Voting by Proxy

If you have chosen and registered to vote this way, you will have picked someone that you trust to vote for you. You will have decided who you want to vote for, and let this person know your decision and they will do the rest for you.

**REMEMBER, YOUR VOTE, YOUR VOICE**

## GREAT BRITISH PEA WEEK

1st—7th July



Marking the busiest season for the UK pea industry. Great British Pea Week celebrates the versatile vegetable and its hard-working farmers who bring them to our plates.

An annual celebration that champions the UK pea industry, whose farmers work around the clock each summer to deliver frozen peas to the nation. Great British Pea Week gives the UK a reason to celebrate the little green nutritional wonders during the busy pea harvesting period, inspiring consumers to get creative in the kitchen and ensure peas are their vegetable of choice for everyday cooking

## It's also National Picnic Month all through July

So if the weather is being kind, you've had a long and busy day, pack up some sandwiches, crisps and fruit and head off for a picnic in the park, or on the beach, even in the garden.

Blow the cobwebs away and dine al fresco with your nearest and dearest, what a wonderful end to the day



# SPORT IN JULY



**UEFA**  
**EURO2024**  
GERMANY  
14TH JUNE—14TH JULY

The final will take place at the  
Olympiastadion in Berlin



July 14th



HOPEFULLY WE'LL BE THERE

**COME ON ENGLAND**



The oldest and, regarded by many as the most prestigious tennis tournament in the world

THE 2024 WIMBLEDON CHAMPIONSHIPS

1ST JULY—14TH JULY



## FROM 26TH JULY TO 11TH AUGUST

The **SUMMER OLYMPIC GAMES**, also known as the Games of the Olympiad is back

THE **OPENING CEREMONY** will take place on 26th July and for the first time in the history of the Games, this will take place outside of the Stadium. Thousands of athletes will travel by boat down the River Seine towards the Eiffel Tower

It's sure to be a spectacular event



PARIS 2024



**WHAT AN AMAZING TIME FOR SPORT, IF YOU LIKE SPORT THAT IS !!**

**Now if music is more your thing, the Blues Festival in Dereham, returns for it's 10th year this month!!**



This year's festival dates are Wednesday 10th July all the way through to Sunday 14th July. The lead-up also promises a number of exciting events, so don't miss out

With so many different groups playing, there'll be music for everyone

<https://derehamb bluesfestival.org.uk>

**CHECK OUT THE WEBSITE FOR THE FULL SCHEDULE OF EVENTS**

## A WARM WELCOME TO MID NORFOLK MENCAP'S NEW RECRUITS



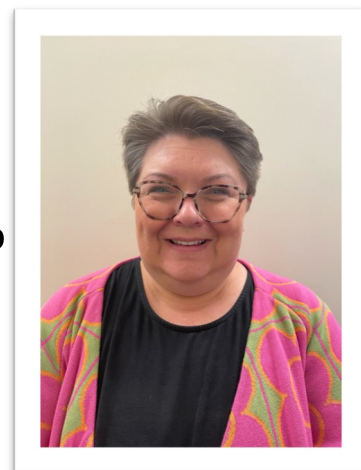
**JADE CLIPPERTON**

We are pleased to announce that Jade has joined our lovely team of Support Workers in the Community, and we are delighted to welcome her onboard, and look forward to working with her

**KIRSTY DENNETT**

We are also looking forward to welcoming Kirsty to the team in early July.

Welcome to the team Jade and Kirsty, we are delighted to have you both and hope you will be very happy here at Mid Norfolk Mencap



### A LITTLE PLEA

We really hope you enjoy receiving and reading our monthly edition of In the Loop which we love putting together.

This does however, come at a cost to us here, and as a Charity, we are spending nearly £80 every month to produce and send this out to everyone. This includes printing costs and stamp costs which we all know have increased in price greatly.

To put this into perspective, £80 every month, equates to £960 every year, and we're sure you will agree, this is a significant amount of money for a Charity such as ours, and could be put to great use.

Hopefully everyone will appreciate the need to reduce paper usage and we do try, but in order for us to be better than we are, we would really appreciate it, if anyone who receives this publication by post, would be willing to receive it instead, via email. We understand not everyone uses email and others don't want to, that is absolutely fine and we will happily continue to send these by post, but any reduction in these costs would be greatly appreciated.

If you can help please email [vivienne@midnorfolkmencap.org](mailto:vivienne@midnorfolkmencap.org)

*Thank you*



**NORFOLK LEARNING DISABILITY PARTNERSHIP**  
[www.norfolkldpartnership.org.uk](http://www.norfolkldpartnership.org.uk)



**NORWICH Locality Meeting**  
Venue:  
The Willow Centre,  
1-13 Willowcroft Way,  
Cringleford NR4 7JJ  
  
Next meeting:

**WEST NORFOLK Locality Meeting**  
Venue:  
Parkview Resource Centre,  
Birch Tree Close, London Road,  
Kings Lynn PE30 5QD  
  
Next meeting:

**NORTH NORFOLK Locality Meeting**  
Venue:  
About With Friends  
22c Holt Road  
Cromer NR27 9JW  
  
Next meeting:  
Wed 10th July, 1.30pm-3pm

**SOUTH NORFOLK Locality Meeting**  
Venue:  
ASD Helping Hands, Room 412-416,  
Breckland Business Centre,  
St. Withburga Lane, Dereham NR19 1FD  
  
Next meeting:  
Wed 24th July, 1.30pm-3pm

## STEPPING OUT CLUB

Unfortunately the Club will not be holding any meetings until further notice, we will keep you updated



“Movement for Good” is the Benefact Group’s annual programme of giving, that anyone can get involved in, and again this year they’ll be donating over £1 million to charities and good causes nominated by you.

By visiting [www.movementforgood.com](http://www.movementforgood.com) you can search for Mid Norfolk Mencap using our charity number 1049364 (we will appear as MID-NORFOLK MENCAP) and nominate us to receive £1,000.

The more nominations we get the better the chances of our name being drawn!



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