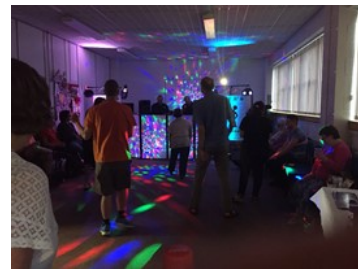




We are very pleased to welcome Mary Morgan to our organisation. Mary has taken on the role of

Registered Residential Services Manager for Merle Boddy House. As you can imagine she is busy settling in and getting to know the residents and staff. Mary will be making contact with family and friends and is very much looking forward to meeting everyone. If you would like to speak to Mary at anytime, please feel free to contact her at Merle Boddy House on 01362 6945643



Our Learning Disability Week BBQ & Disco was considered by many as a resounding success as

people totally immersed themselves in the ambience of the night, dancing to the music of 2FB's Disco and enjoying the BBQ on offer.

The Competition for Learning Disability Week with this years



theme of 'Friendship' was also judged during the evening. There were plenty of entries and choosing the winners was difficult, so we would like to say congratulations to Craig Savage, Mark Adams and Denise Woodgate for their wonderful winning entries.

Our website has had a revamp! Go to www.midnorfolk Mencap.org to have a look! Also don't forget to like our Mid Norfolk Mencap facebook page!



Just a reminder, we are running a stall at the Dereham Carnival on Sunday 16th July. Do come along and say hello.



100 Club

Sign up for our monthly draw for a chance to win prizes of £5, £10, or £15. The yearly cost is £12.00 and an application form can be obtained from the Mid Norfolk Mencap office.

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



**13th July 2017
10.30am-1.00pm**

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

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

**31st July 2017
10.00am start**

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



Arts and Crafts Holiday Club

School Summer Holidays



Our Summer 2017 arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX



- 1st & 2nd August**
- 8th & 9th August**
- 15th & 16th August**
- 22nd & 23rd August**



The cost per full day session is £10.00 or you can book half day sessions for £5.00.

If you are interested in attending, please call Anya or Lorna on 01362 693013, or email info@midnorfolkmenca.org

PICNIC IN THE PARK

**Dereham Community Hub, Rash's Green, Dereham on
Sunday 23rd July 2.00pm—7.00pm**

£5 per ticket. Accompanied children 12 & under free entry

For tickets please contact:

Irene—01362 820756

Pam—01953 882517

Alison—01362 654654

Mencap Office Tavern Lane Dereham—01362 693013

Saturday Clubs—July



Swaffham - On 1st July we will be going on our Annual trip to the 'Beach Hut' at Hunstanton.

Dereham - On 15th July, we will be bowling at Strikes in Dereham and 'Crafting' on canvas at Tavern Lane.

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 session on Wednesday 12th July has been cancelled.

The next Family Carers meeting is on **Wednesday 9th August.**

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 2017 can be found on our website:

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
Website: www.midnorfolk Mencap.org**

Gateway Club
 5th July —Elvis
 12th July—Wells Trip
 19th July—BBQ & Disco

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

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




Munch Bunch Cooking Club

The Munch Bunch cooking group is run by adults with a learning disability and their support workers. The group is open to all and is a fun and friendly way to meet new people and learn new skills.

Run fortnightly 10.30-1.00pm, at 1a Tavern Lane, Dereham. The cost is £4 for a 2 course meal.

Please Note:

All Munch Bunch sessions have been cancelled for the Summer, from June 26th 2017 up to and including October 16th. Sessions will resume starting Monday 23rd October 2017

Stepping Out Club
 3rd July—American Theme Biscuits
 10th July—No Meeting
 17th July—Visit to Strikes
 24th July —Music Night—Quiz
 29th July—Summer Party—Invite Only

 Meetings held at Church House,
 Church Street, Dereham 7.30pm-9.00pm