



This month we write on 'Abuse' It is generally acknowledged that people with learning disabilities are at increased risk of abuse, possibly due to the environments where they live and personal characteristics that may heighten their risk.

In 2012, a BBC television Panorama programme showed patients at a residential care home near Bristol, (Winterbourne) being slapped and restrained under chairs, having their hair pulled and being held down as medication was forced into their mouths). The BBC programme exposed dreadful abuse at this care home for vulnerable adults, and that this deplorable treatment was being mirrored in some other care homes and hospitals for vulnerable people with learning disabilities **We were promised by our government that it would never happen again in care homes throughout the country**, but it is still happening today, many remain open as highlighted yet again by a more recent Panorama broadcast (Crisis in Care) shown on television this past month. We were shown staff who couldn't care less about the people they were supposed to be supporting, where patients were mocked and intimidated and often restrained either physically or by medication. The promise is constantly being broken. Our children and adults are supposed to be safe. People with learning disabilities can have challenging behavior but their complex needs must not be rewarded by abuse from staff.

We need to stop the cruel mistreatment of people with a learning disability. The Panorama programme spotlighted the way society still treats people with learning disabilities and Autism to this day. As well as Panorama, the Care Quality Commission also published a report into the use of restraint of people with learning disabilities and autism. It found that some people were not getting good care or treatment. Also, the publication of the LeDeR programme's 2018 annual report, shockingly found that some doctors were giving the reason for not restarting a persons heart as being because they had learning disabilities. This is totally unacceptable.

The National Autistic Society has started a petition to call on the government to end abuse. With your help to sign a petition now, we will be fighting for the rights of people with learning disabilities. Please help support the campaign to stop people with autism and learning disabilities being placed in Inpatient units. For further information and support, visit / follow the link below to sign the petition and for updates Follow #Human Too on Twitter

https://www.change.org/p/government-of-the-united-kingdom-end-the-abuse-of-autistic-people-people-with-a-learning-disability-in-inpatient-units?recru-er=963782821&utm_source=share_petition&utm_medium=copylink&utm_campaign=share_petition

We would also like to hear from any of our members if you have a view regarding this issue.

We Are Recruiting !!!

Mid Norfolk Mencap has several exciting posts open within our dedicated staff team, who support and encourage people with varying degrees of learning disabilities, to live the life they choose with independence and equality. Our residential home is very close to the busy market town of Dereham. We also provide a Community Outreach Service, which also has posts available

Full Time (37 hours), Part Time (Various), Bank (0 Hours) available

Typical shift patterns: 7am-3pm/3pm-10pm/Nights 10pm-7am

Community Shifts vary in times

We are keen to find individuals who share our vision and values. You may or may not be experienced, but we can offer a supportive journey through career progression, via induction, regular supervisions, learning and development with recognition of you as an individual.

Our Values:

We are Inclusive. People with learning disability are at the heart of everything we do.

We are Trustworthy. When we promise something, we don't let people down.

We are Caring. We treat everyone with respect and kindness.

We are Challenging. When we see things that aren't fair we will campaign until we see real change.

We are Positive. We never stop believing in a better future and we celebrate what we are proud of now.

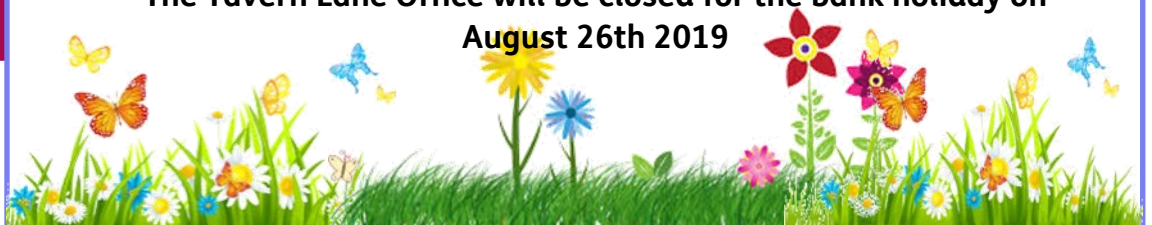
Benefits? Mid Norfolk Mencap recognizes the fantastic work of their staff by offering some brilliant perks which include: enhanced rates of pay on Sundays and Bank Holidays, life insurance, pension, and 28 days holiday increasing to 30 after 2 years continuous service.

Rate of pay: £8.28 per hour in the residential service (£9.52 for Sundays and Bank Holidays) and £9.00 per hour in the Community Outreach Service (£10.35 on Sundays and Bank Holidays).

If you would like more information or would like to request an application pack, then please call Lorna or Anya on 01362 693013 for more details.

Just a Reminder

**The Tavern Lane Office will be closed for the bank holiday on
August 26th 2019**



Mid Norfolk Mencap Barbeque

Saturday 6th July 2019 6pm - 9pm

At 'Netherley' The Lings Reymerston NR9 4QG
(ON the B1135)

Adults £8. Children under 12 £4

Price includes BBQ Food

Ticket only event

Tickets available in person from Mid Norfolk Mencap



**Bring your own alcohol
Glasses Provided**



**Soft Drinks
Tea & Coffee available**



'If possible, please bring own chairs'

Power Cuts– A Free Priority Services Register for Free.

[Power Networks is commonly known as the 'Electricity Board'. They own and maintain electricity cables and lines across the South East and East of England. They deliver power locally, regardless of which company you pay your energy bills to].

UK Power Networks is offering to help those who need extra support during a power cut, with a **FREE** service. They understand that power cuts can be worrying especially if a member of your family needs electricity for medical reasons, are unwell or have specific communication needs. It does not matter if you have a young family or are of pensionable age, the Priority Services Team are there to provide you, or your family with extra support if you experience a power cut. Joining the register will ensure you receive extra support. They will provide you with a number to call 24 hrs a day, and in some cases tailored support.

- If you wish join the register for free on their Priority Services Register or simply update your details, please visit: www.ukpowernetworks.co.uk/priority
For further information you can contact them on :-
- Telephone -0800 169 9970
- In the case of a Power cut– Call them for free on 0800 31 63 105 or call 105

Bingo Nights

Mid Norfolk Mencap Proudly Announce
their Bingo Nights

on the last Friday of each month

from 7-9pm

All provided for the

grand price of £5

Come along, play bingo, eat chips,

Win →

and Have a great time at

1a Tavern Lane Dereham NR19 1PX

Doors open 6.45pm

Eyes down 7pm



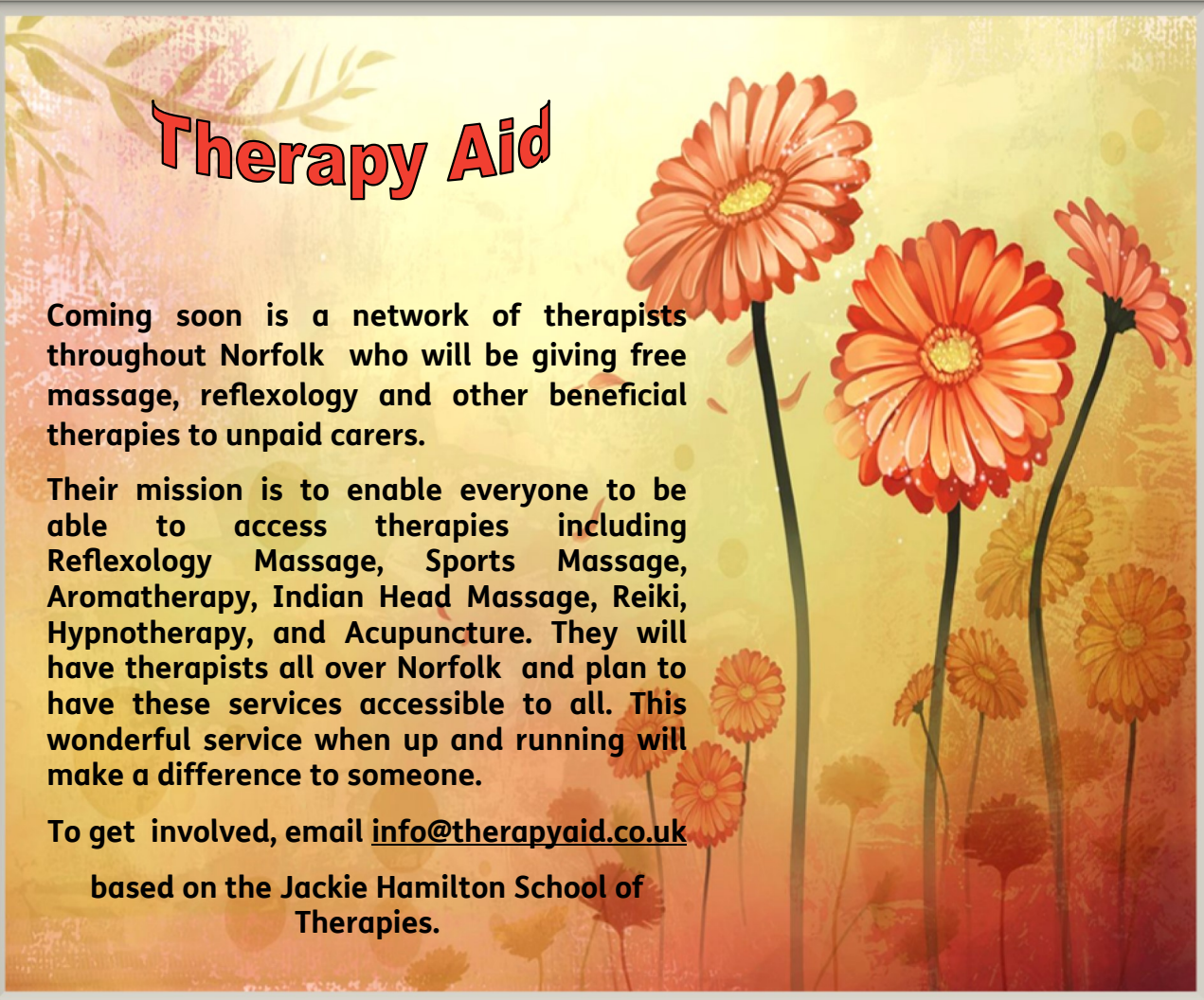
Therapy Aid

Coming soon is a network of therapists throughout Norfolk who will be giving free massage, reflexology and other beneficial therapies to unpaid carers.

Their mission is to enable everyone to be able to access therapies including Reflexology Massage, Sports Massage, Aromatherapy, Indian Head Massage, Reiki, Hypnotherapy, and Acupuncture. They will have therapists all over Norfolk and plan to have these services accessible to all. This wonderful service when up and running will make a difference to someone.

To get involved, email info@therapyaid.co.uk

based on the Jackie Hamilton School of Therapies.



Norfolk Learning
Disability Services
Southern Locality Group
meeting

TBC

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,**



Arts and Craft Holiday Club —Summer—



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run From Monday 5th to Friday 9th August 2019 Inclusive,

From 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX

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



Here are some more pictures for you to enjoy, taken out and about in the Community



*You are cordially invited
to attend a*

Charity Ball

In aid of Downs Syndrome Norfolk

Saturday 27th July 2019

*Lancaster Suite
Holiday Inn Norwich Norfolk
Cromer Road, Norwich
NR6 6JA*

*Red Carpet
Drinks on arrival
3 Course meal
Charity Raffle and disco*

Black Tie & Posh Frocks

Arrival 7.00pm

Tickets:

£39 Adults

£25 Children (up to 12 yrs)



Carriages 1.00am

Registered members with

Downs Syndrome: FREE

To reserve your tickets please contact:

Gaynor or Jason on 07759 957 616 / 07871 504 483





Saturday Clubs– July

Swaffham - 6th July— Make your own Fruit Crumble to take home.

Dereham - 13th July— Trip out on the local train

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.



Family Carer Meetings

The next Family Carers meeting is
on



Wednesday 10th July 2019

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.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
Website: www.midnorfolkmenca.org





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

NEWS



Stepping Out Club

1st July– Visit to Strikes

8th July—No Meeting

15th July– Music Quiz

22nd July –Bingo

29th July—No Meeting

**Meeting held at Church House
Church Street,
Dereham
7.30—9.00pm**

£1 Entry Fee



Gateway Club

**3rd July– Magic Show with
Robbie & Alex**

10th July– Wells-Next-The-Sea

17th July– Disco

SUMMER BREAK

**We will restart
On 4th September**

**Meeting held at Dereham Community
Hub, Independence Matters, Rash's
Green, Dereham
7.30—9.00pm**

£1 Entry Fee

