

**In The Loop**



July  
2021  
Issue



## Mid Norfolk Mencap Summer BBQ

**WITH THE NEW LOCKDOWN FREEDOM DATE,  
THE EVENT DATE WILL NOW BE:**

**Saturday 24th July 2021, 6pm - 9pm**



at 'Netherley', Tolvers Loke, Reymerston

NR9 4FF (on the B1135)



Adults £8 each. Children (under 12) £4 each.

Prices include BBQ Food.

Soft Drinks, Tea & Coffee available  
for small donation

Glasses provided for you to  
bring your own alcohol



If possible, please bring your own chairs



Contact **SARAH** for tickets:

**sarah@midnorfolkmenap.org or 01362 693013**

**TICKET ONLY EVENT. You will be able to pay by BACS.**

## FOR ALL ADULT CARERS IMPORTANT INFORMATION FROM ADULT SOCIAL SERVICES AT NORFOLK COUNCIL COUNCIL

### CARERS EMERGENCY PLANNING SERVICE:

If you are caring for someone over the age of 18, it's important you get a carer's emergency card (it's free). This will ensure that they will be safe if you're caught up in an emergency. Norfolk County Council offers this Carers Emergency Planning Service for Adult Carers. The plan can be created online at:

<https://www.norfolk.gov.uk/care-support-and-health/get-help-with-looking-after-someone/support-for-carers/sign-up-for-a-carers-emergency-card>

Or phone 0344 800 8020



Carers Matter Norfolk

### CARERS MATTER NORFOLK:

Carers Matter Norfolk deliver personalised services to unpaid carers on behalf of Norfolk County Council. They provide carer's assessments and you can access a range of information and support to maintain and improve your health and wellbeing. They offer a 7 day a week advice line service, along with one-to-one community support at: <https://carersmatternorfolk.org.uk/>

Advice line on 0800 0831 148 (Monday to Friday 8am to 8pm, Saturday 10am to 2pm)

They also have information on groups available in your area, which can provide an opportunity for you to speak with fellow carers, seek support and share your experiences with them: <https://carersmatternorfolk.org.uk/groups/>

### COVID VACCINE HELP:



Caring Together know how important it is that people looking after a family member or friend get the coronavirus vaccination. They also know it can be very difficult for carers and those they care for to be able to go to appointments for a range of reasons. This could be due to transport, needing someone to look after the person they care for or any other reason. They are here to provide free help with this, so if you are a carer in Cambridgeshire or Norfolk who has challenges attending your vaccine appointment, please contact them.

You can call 0345 241 0954 or email [hello@caringtogether.org](mailto:hello@caringtogether.org) or fill in the form at:

<https://www.caringtogether.org/coronavirus-covid-19/support-for-carers-to-attend-covid-19-vaccinations>

Also, along with the universal offer that every adult in the UK can have access to a Lateral Flow Device test, the best route for carers to arrange this is at:

<https://www.gov.uk/government/news/twice-weekly-rapid-testing-to-be-available-to-everyone-in-england>

## MORE HELP FOR CARERS.....



### NORFOLK COMMUNITY DIRECTORY:

This Directory contains activities, services and groups to help all Norfolk residents live healthy, active and fulfilling lives:

<https://communitydirectory.norfolk.gov.uk/Information/supportforcarers?categoryId=72>

### COVID MUTUAL AID:

Also, it is good to think about whether there are alternative ways of getting shopping to the person/people that carers support. Trusted neighbours or local support groups, such as Covid-19 Mutual Aid UK group could help with the practicalities of this at: <https://covidmutualaid.org>

### REPEAT PERSCRIPTIONS:



Carers could also sign up to a repeat prescription delivery service if the person they care for is reliant on regular prescription medication.

For further guidance see: <https://www.nhs.uk/apps-library/echo/>

### GETTING OUT & ABOUT:

If you are able to get out and about and you & your cared for are not subject to Covid restrictions, please ensure you take the opportunity to get out and about.

Ideas at: <https://www.norfolk.gov.uk/out-and-about-in-norfolk>

### FLEXIBILITY AT WORK:



You may need additional flexibility at work during this time. We encourage you to speak openly with your manager and understand your rights as an employee - you may be entitled to additional support if someone is dependent on you for care. Find out more at:

<https://www.carersuk.org/help-and-advice/work-and-career/other-rights-at-work>



### ANOTHER USEFUL NORFOLK COUNTY COUNCIL LINK:

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/community-support-for-people-at-home>





## NEW MANAGER FOR MERLE BODDY HOUSE

We are thrilled to welcome **Wendy Lea** as our new Registered Manager at Merle Boddy House. Wendy joined us on 7<sup>th</sup> June and is looking forward to leading the residential team to ensure the high-quality service supporting the rights and needs of our residents to live the lives they choose.

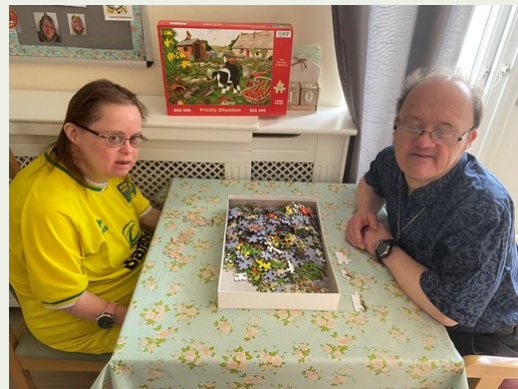
Starting her career in the Army and having various roles, Wendy stayed in HM Forces for 9 years leaving as a Security NCO. Moving to the care sector in 1994, Wendy progressed her career over 14 years up to Registered Manager of a residential home in Suffolk run by the National Autistic Society. She then went on to work at two primary schools in Norfolk, leaving Watton Junior School as their Inclusion Lead.

After 12 years in the education sector, Wendy has returned to the care sector for a new challenge. We welcome Wendy and are confident that her skills and knowledge will be of great value to the house.



We would like to thank Ernie Barnes for donating a selection of jigsaws to Merle Boddy House.

It didn't take long for our residents to plunge into them. We all love a puzzle!



## FAMILY CARERS MEETINGS ARE RE-STARTING



With the lockdown freedom date being delayed, monthly meetings will be resuming with the first meeting since last year taking place on **WEDNESDAY 11th AUGUST**.

Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

We look forward to welcoming old and new members. Hand sanitisers and facemasks will be available at these meetings if anyone needs them.

## MENTAL HEALTH IS IMPORTANT

It's important that we look after our mental wellbeing especially during this time. Here are some websites and telephone numbers for help and advice:

[www.everymindmatters.co.uk](http://www.everymindmatters.co.uk)



If you are worried about your own mental health and wellbeing, call **First Response**, a free 24/7 helpline for people of all ages in Norfolk & Suffolk offering urgent mental health support, on **0808 196 3494**.



11 to 25 year olds in Norfolk and Waveney can get support and online counselling via **www.Kooth.com**. Children and young people can access free, online mental health support 365 days a year – you can chat with a professional counsellor, read self-help articles and/or join peer-to-peer forums.

JustOneNorfolk has a wealth of information and links to support the health and wellbeing of your family. The service provides support or advice on any topic, including managing your feelings during the pandemic.

[JustoneNorfolk.nhs.uk](http://JustoneNorfolk.nhs.uk)

More information at [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk).

Office for National Statistics

**census 2021**

The Office of National Statistics (ONS) has confirmed that it is not too late for those who have yet to complete a Census 2021 form.

You can no longer complete the Census online, so if you have an access code, it is too late to use it. The only available way now to complete one is via a paper version.

To request one, call: Freephone **0800 141 2021** (Monday to Friday, 8am to 8pm)

## SPECIAL CELEBRATION DAYS IN JULY 2021



National Picnic month

2nd—11th, National BBQ Week



3rd, National Bereaved Parent Day

4th, Independence Day in the USA



5th—11th, National Hygiene Week

10th, Don't Step on a Bee Day



11th—18th, Festival of British Archaeology

17th, World Emoji Day



24th, National Tequila Day



24th, 24/7 Samaritans Awareness Day

"It's alright to ask for help"

**SAMARITANS**

116 123



29th, International Tiger Day

## NEW COMMUNITY SUPPORT WORKER JOINS THE TEAM



**Cathy Halfacre** joined our team as a part-time Support Worker last month. As an experienced healthcare assistant, she has worked in the care sector for 7 years, firstly working in the community doing domiciliary care and then working in a small residential home for individuals with complex needs.

We look forward to her getting to know all our clients out and about now lockdown restrictions are being lifted.

*Exploring Thetford Forest with service users and other staff.*



### SOUTHERN

Locality Group Meeting  
Norfolk Learning Disability Services

**CANCELLED**

**until further notice**

Usually held at:

The Annexe,

Watton Sports Centre,

118 Dereham Road, Watton IP25 6HA

### NORTHERN

Locality Group Meeting  
Norfolk Learning Disability Services

**CANCELLED**

**until further notice**

Usually held at:

The Bayfield Centre,

Kelling Hospital,

Old Cromer Road, High Kelling NR25 6QA

## SENSORY ROOM BOOKINGS

All being well, we should be in a position from next month to start taking bookings once again for our amazing Sensory Room.

With many different needs and requirements catered for, the room creates a wonderful sensory environment and allows clients to relax in a calm space. A brilliant visual experience is offered with the bubble tubes and fibre optics (for distraction and visual stimulation), along with bespoke bench seating and floor pads for protection, colour changing mood lighting (for distracting and calming), an interactive wireless sensory cube and recordable speaker.

If you are interested in booking, please contact us now on 01362 693013 and we can add you to the waiting list for a one-off or regular slot.



*Room hire is charged at £10 per hour and is open to all in the community.*

## GAS COOKER VALVES

When you care for a person with a condition such as autism, dementia or cognitive impairment, it can often help to have additional measures in place to provide that extra peace of mind.

**Cadent**  
Your Gas Network

Cadent, one of the UK's largest gas distribution networks, offers a free locking cooker valve fitting service nationwide across the UK. This simple safety device means a family carer can easily control when gas can and cannot be used safely once fitted. The service is completely free of charge and will be carried out by one of their own qualified gas engineers. You DO NOT need to change energy supplier or tell your supplier about the device.



This simple safety device will help individuals to retain their independence, and provide reassurance to family, friends and carers as the caregiver can easily control when gas can and cannot be used safely once fitted.

Phone **0800 389 8000** for more information.



## FREE P.P.E. FOR UNPAID CARERS LIVING SEPARATELY

Norfolk County Council can still provide a free P.P.E. pack to any unpaid carers who live separately from the person they are caring for.

The pack will include Personal Protection Equipment (P.P.E.) to support them in their role as a carer. Gloves, masks, aprons and bottles of hand sanitiser are included. If you know someone who would like to receive a pack, please share the link below, where they can register their details and request a pack to be delivered to their home or nearby collection point.

[https:// www.careplace.org.uk/Information/PPE\\_UnpaidCarers/?LA=Norfolk](https://www.careplace.org.uk/Information/PPE_UnpaidCarers/?LA=Norfolk)

## DROP INS

**Still with no definite start dates for the both the Cromer and Dereham Drop In sessions, these are cancelled until further notice.**

**We will constantly be reviewing the situation and will keep you posted as to when the sessions will start again.**

### CROMER

Thursdays

1.00pm — 4.00pm

Merchants Place,  
16 Church Street,  
Cromer, NR27 9ES  
£5.00 entry fee



### DEREHAM

Tuesdays and Fridays

10.00am — 2.00pm

1a Tavern Lane,  
Dereham  
NR19 1PX  
£4.00 entry fee

### STEPPING OUT CLUB

All meetings of the Stepping Out Club are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:

Church House  
Church Street  
Dereham  
7.30—9.00pm

£1.50 Entry Fee



### GATEWAY CLUB

All meetings of the Gateway Club are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:

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

£1 Entry Fee



If you would like 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)**