



July
2022
Issue



In The Loop



You're all invited

Summer Barbecue

in aid of Mid Norfolk Mencap

Saturday 9th July 2022, 6pm - 9pm

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

(on the B1135)



Adults £8 each



Children (under 12) £4 each



Price includes BBQ food.



Raffle and games to take part in.

Soft drinks, tea & coffee available for small donation.

Glasses provided for you to bring your own alcohol.

Please bring your own picnic chair if possible.



Contact Mid Norfolk Mencap to book your place.

Phone Sarah on 01362 693013 or

Email: sarah@midnorfolk Mencap.org



**Join
the
Fun**

Payments by BACS.

TICKET ONLY EVENT



JUBILEE CELEBRATIONS

To celebrate the Queen's 70th anniversary as monarch, Mid Norfolk Mencap celebrated at Tavern Lane with an afternoon tea party for our Community service users with the residents at Merle Boddy House celebrating over the bank holiday weekend making Jubilee cakes and a BBQ.





ALLOTMENT UPDATE

We would like to thank the parents of Henry, one of our service users, for plants they donated to us.



We also had a shed donated to us by Tristan at Scott Timber Buildings in Costessey. This is an amazing contribution to our allotment plot and we are very grateful.



SCOTT

TIMBER BUILDINGS



If there are any green-fingered gardeners out there living local to our Cherry Lane allotment who would like to help us with the upkeep of the plot, we would love to hear from you.

So if you have a spare hour or two each week and would like to help out even for watering over the summer months, please call Sarah or Anya at the office on 01362 693013.

STEPPING OUT CLUB



We are a social club for adults with learning disabilities. The club has been running for 25 years now since June 1997 and is run by members. We actively encourage everyone to participate in the decision-making.

From July, there will be a new venue for the meetings:

**At Mid Norfolk Mencap premises
1A Tavern Lane, Dereham NR19 1PX**

We meet every second and fourth Thursday evening from 7.30pm to 9pm with a £2 entry fee (plus money for the tuck shop).

**The next planned meeting dates are:
Thursday 14th July & Thursday 28th July 2022**



We are always looking for new members to come along and it's a great way to develop new friendships.

We try to organise a different activity every week. We play bingo and board games, go bowling, and have music and craft sessions, or organised trips.

The club is struggling to keep going and if new members or volunteers don't join us, we will be very sad to have to shut.





YORKSHIRE BUILDING SOCIETY

We would like to thank Yorkshire Building Society Charitable Foundation for awarding us £300.

We have purchased 3 x 10" Lenovo tablets with cases for our Community service users to share and use when they drop in.



We have been contacted by **Healthwatch Norfolk** about a project called 'My Views Matter'.

The project is seeking to gather the views of people with learning disabilities and autism and their families in Norfolk about their residential care. This is as a reaction to recent key failings that people with learning disabilities and autism and their families were not being listened to by decisionmakers.

In the first phase of the project, they are trying to understand the state of residential care for people in the county and how it has changed in the past ten years, then carrying out interviews and focus groups with family members of people with experience of residential care. The second phase of the project will involve visiting residential care settings to talk to residents. They will then be communicating the findings to the people and organisations who commission and provide residential care in Norfolk.

They have asked that if any of our members are the parents of people who are currently in residential care, or who have been in residential care at some point in the past, if they would be willing to be part of either focus groups or one-to-one interviews with them.

If you would like to participate, please contact:

John Spall, Enter and View Co-Ordinator, Healthwatch Norfolk

Office: 0808 168 9669 or Mobile: 07793 464 252

Email: John.Spall@healthwatchnorfolk.co.uk



A new Support Worker has joined the staff at Merle Boddy House.

Ellie Armstrong has been working in care since 2019 and we know the residents will welcome her and will look forward to getting to know her.

SPECIAL CELEBRATION DAYS IN JULY 2022

1st, Anniversary of the first registration service of births & deaths in Britain in 1837.



1st, Anniversary of British rule ending in Hong Kong in 1997 with it being returned to China after 150 years.

4th, Independence Day in the United States.



5th, Anniversary of the launch of the NHS in 1948 by Aneurin Bevan, the Minister for Health in the post-war Labour government.

7th, As history has it, in 1550, the day chocolate was first introduced to Europe.



13th, On this day in 1985, Live Aid concerts organised by Bob Geldoff & Midge Ure to raise money for famine in Ethiopia.

15th, St. Swithin's Day, a day on which, according to folklore, if it rains on this day, it will rain for 40 days, but if it is fair, 40 days of fair weather will follow.

18th, Swan Upping will commence on the River Thames for 5 days. This is the annual census of the swan population by Swan Uppers who weigh and measure the cygnets and check them for any signs of injury. A tradition from the 12th century.



18th, International Nelson Mandela Day (his birthday, born in 1918).

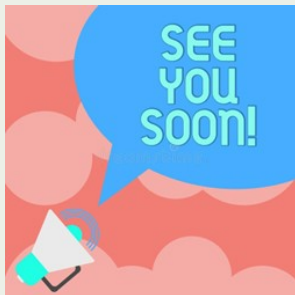
20th, In 1969 the Eagle module from Apollo 11 landed on the Moon and Neil Armstrong made history by becoming the first person to walk on the Moon.



Chocolate FACTS

1. The Aztecs loved and valued the cacao bean so highly that they used it as currency during the height of their civilisation.
2. The blood in Psycho's famous shower scene was actually chocolate syrup.
3. The scientific name for the tree that chocolate comes from, Theobroma cacao, means food of the gods.
4. It's believed that people who are allergic to chocolate are actually allergic to cockroaches, as around eight insect parts are typically found in a bar of chocolate, according to the Food and Drug Administration.
5. At one point the Nazis plotted to assassinate Winston Churchill with an exploding bar of chocolate.
6. There is a rare fourth kind of chocolate in addition to the classic milk, dark and white varieties: blond chocolate.
7. The film Willy Wonka and the Chocolate Factory was financed by Quaker Oats to promote its new Wonka Bar candy. This is also why the film is called Willy Wonka and the Chocolate Factory instead of Charlie and the Chocolate Factory like the book it's based on.
8. The first chocolate bar was invented in 1847 by Joseph Fry.





Still with no firm re-opening dates for these clubs and drop in sessions, dates will be published here and members will be notified directly too when there is a date. We are hopeful for the autumn. Watch this space!

DROP INS (Dereham and Cromer)
SATURDAY CLUBS (Dereham and Swaffham)
GATEWAY CLUB

FAMILY CARERS MEETINGS

The group have decided to cancel their organised meeting dates for June and July so will not be meeting at Dereham Memorial Hall over the summer.

They will still meet up but more informally, including at a local charity garden party in July.

Please contact either Pauline Drury or Sue Rimmer for more information.

Pauline: 01362 637895 or paulinedrury@yahoo.co.uk

Sue: 01328 855157 or suerimmer10@btinternet.com



RECEIVE "IN THE LOOP" BY POST?

With the continuing rise in postage costs, please let us know if can change from receiving the monthly newsletter by post to receive the publication by email instead.

Please contact Sarah on sarah@midnorfolkmenacap.org to make the change. Thank you.



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