



In The Loop

Hello Everyone

I hope that you are all well and keeping safe. What extraordinary times we are living through and as Jon Rose said in the last issue, a 'time in history' that we will never forget.

To all our parents and carers out there, you are doing a sterling job under extremely difficult circumstances and I applaud your dedication. Things are a little easier now as we move forward but that brings its own challenges.

Our Residential Team has been doing a fantastic job and working throughout all this as a frontline service and I thank them all for their dedication.

The staff working from home have faced different and difficult challenges especially keeping up to date with the ever-changing Government Policies, and the normal day to day running of an Organisation such as ours. Thank you for keeping us up to date.

As our community support team return from lockdown to a changed way of working with our clients, we say welcome back in the knowledge that you will all be kept as safe as we can in our organisation.

To the many volunteers, one day we will have our groups, clubs, and events back in action. We look forward to this happening, but not yet, as it is still not safe to do so.

We, The Trustees are keeping up to date with all that is happening through Zoom meetings (I hadn't even heard of Zoom pre- lockdown).

I want to say Thank You to you all for being there for each other and although our lives have changed, Mid Norfolk Mencap is here to help and support you. Don't forget you can email us or call on 01362 693013.

Pat Grout

Chairperson.



SURPRISE!

SURPRISE!



A surprise delivery was very warmly welcomed at Merle Boddy House this month. No one was aware that the surprise was coming. Norwich City Football Club had sent a wonderful

donation package for all our family and staff there. When opening the package, it was found to contain a wonderful cake which was soon devoured and a Norwich City football shirt signed to Merle Boddy House thanking carers for their fantastic help with our family residing there in the lockdown.

There are two residents in particular who are ardent, die hard Canary fans of Norwich City Football club, and were extremely excited when shown the t-shirt and willingly agreed, smiling broadly, to have their picture taken holding the shirt. It has been decided by all at Merle Boddy House to have the t-shirt framed and hung in the house. No doubt Tracey and Leslie will sit and admire the t-shirt when displayed and perhaps secretly wish that they could wear it just for a short time.

We would gratefully like to say THANK YOU to Norwich City Football Club for their thoughtfulness and generosity and would also like them to know how much they have brightened up the days for our staff and residents during these days of lockdown.



WHY TO LEAVE YOUR SOFA WHEN IN LOCKDOWN AND GO FOR A WALK.....



With Lockdown slowly easing, this now perhaps is the time to leave the house if you are safely able to do so age & health wise, and perhaps to step up your daily exercise taking note of the governments social 2m distance rule. It is so easy to sit indoors and do very little for most of us. Perhaps you have been walking plenty these past months but for those of you who are attached to your sofa and have not, read on.....

'I rise from the sofa, which has been my 'new' best friend these past weeks whilst in lockdown, comforting and enveloping me in its soft, saggy, cushioning every day, and go hunting for my sturdy shoes ready for today's walk. I find them in my porch, fastening these up, I throw on a cardigan and exit my house, stepping out into a world of bright sunshine, feeling a gentle breeze blowing through my hair, my attention is caught as I watch with fascination how the space around me in my garden is today, full of the tiny, white, fluffy seeds from the willow blossom trees along the lane, floating effortlessly in the air, being gently entangled in the bushes and trees in the garden. I exit onto the lane, listening to the birds all around me, their twitters and chirps all different and then spot a robin on a garden fence in early summer. I walk on, passing some other walkers on the other side of the lane and give them a friendly smile. I pass under a huge oak tree, listening to the pigeons and doves in the branches making a noise and flapping around. I skirt around the pigeon poo, and the pothole under the trees and carry on pass the hedgerows. A grey squirrel runs straight across my path and dashes into the long grass on the verge of the lane, followed quickly by another. I approach a footpath and turn left, and am soon ringed by ferns, hogweed, wild blue cornflowers and nettles, so colourful in nature and spot two cabbage white butterflies flittering here and there amongst the delicate ferns. Ahead a hare stops to stare my way before darting into a ditch fleeing from my noisy steps. I saw a badger scooting yesterday along the railway line, I wonder if it will appear again today?'.....



I could carry on writing my daily journey, for every day is different, I now see many other wonders of nature and 'life in general' that I never really appreciated, nor paid attention to before lockdown was introduced in our busy, busy, world. Even now when walking past houses, I see people gardening, children playing, mothers watching them with a keen eye, fathers not pleased to wash the car by hand.....I could go on but here I will stop.



If you are interested in leaving your sofa, There are short and circular walks around Norfolk, taking in medieval churches, villages, rolling farmland, disused railways, parks, beaches and pathways. Some of the walks range from 2 to 4.5 miles, and some considerably shorter or longer. Circular walks are ideal, as you can just relax knowing you will end up back to your beginning of your walk. Before lockdown, a pub might have been the starting point for you maybe? Perhaps you wonder where you can walk? There are walks all around Norfolk, Sheringham, Cromer, Thetford, Kings Lynn just to mention a few. If you have internet access, you can log into the site below to find out more information on walks in your local area, download maps and spy a different scene for a change. If not, just go out for a walk, put on a sturdy pair of shoes and go see what is around you. You will be surprised at what you **'Really See'**.



<https://www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails/short-and-circular-walks/workhouse-walks>

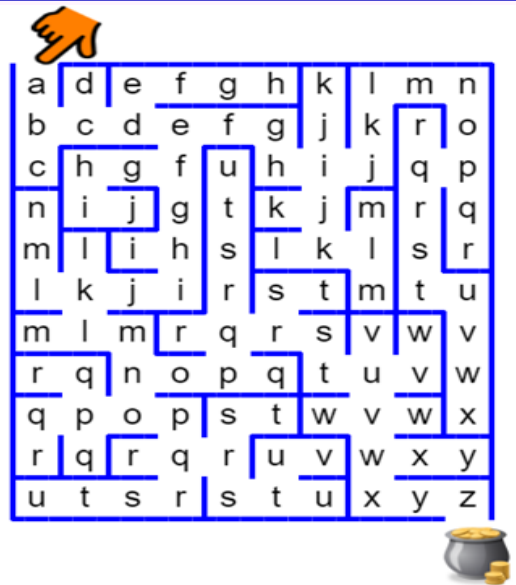
Word Search

All Things Crafty

I	V	E	P	S	Y	S	L	O	O	W	O	P	G
N	E	R	I	A	T	O	T	R	V	B	S	R	P
E	R	I	C	N	I	R	O	A	E	R	N	C	C
E	N	W	T	I	M	I	I	O	P	I	L	R	S
D	U	O	U	H	S	G	L	N	T	E	T	W	E
L	N	C	R	C	S	A	R	B	G	R	S	E	Y
E	I	E	E	S	A	M	G	C	E	C	T	A	E
S	Q	F	S	P	L	I	I	B	L	A	I	V	Y
N	U	C	N	R	G	G	B	A	W	C	S	I	L
H	E	S	E	A	E	U	Y	O	A	E	S	N	G
E	S	P	K	N	R	H	E	C	R	B	U	G	O
A	A	B	E	O	D	D	N	L	A	O	E	U	O
P	S	S	S	R	O	I	A	H	L	N	K	P	G
F	A	B	R	I	C	H	C	B	T	I	S	G	H

- CHINA
- TISSUE
- GLASS
- HOOKS
- GOOGLYEYES
- TIN
- WIRE
- UNIQUE
- CANS
- WOOL
- CLAY
- WEAVING
- ORIGAMI
- FABRIC
- PICTURES
- STRING
- NEEDLES
- RUBBER
- TAPE
- PAPER

Alphabet Maze - Can you find your way from the hand to the pot of gold in alphabetical order only.

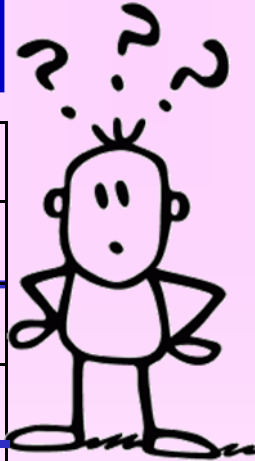


Word Sudoku
Fill the grid with the letters that make up the word **MENCAP** in the empty spaces so every row, column and smaller 3x2 grid contains the letters of that word.

A	N	P			
M		C	P	A	
	A	N		P	C
C		M	A		E
P		E		M	A
N	M	A	C		

Answers at bottom of page

Spot the differences in this sea picture. How many can you see? There are 9



Answers

P	E	C	A	N	M
A	N	M	E	C	P
E	N	A	M	P	C
C	P	M	A	N	E
N	A	P	C	E	M
M	C	E	P	A	N

Alphabet Maze Solution

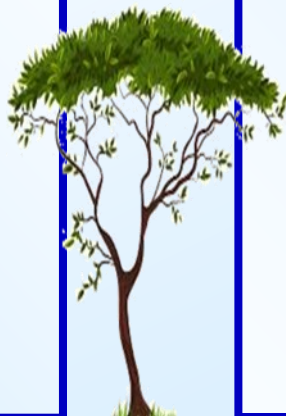
Word solution
Sudoku 3 x 2



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

Cancelled till further notice

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



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

**Cancelled until further notice
Meeting: 9.45—12MD**

**Note: Change of meeting
venue— Now at
The Bayfield Centre
Kelling Hospital,
Old Cromer Road,
High Kelling, NR25 6QA**

**A little something to craft if you have time on your hands
whilst sitting at home in lockdown.**

Description of activity	Craft – using old colourful magazines, cut and paste thin equal strips from a magazine onto a cardboard shape (any animal or suitable shape of choice) until the cardboard shape is completely filled in.
Materials needed	<p>Large cardboard box, cut flat (you can get these from any supermarket, Aldi often have trolleys left around full of empty cardboard boxes).</p> <ul style="list-style-type: none"> • Pencil or pen • Strong scissors or craft knife (to eventually cut out the design) • Lots of old colourful magazines • PVA glue or any glue to hand (You will need lots of it so a Pritt stick is not ideal for such a large area.)
Instructions	<ol style="list-style-type: none"> 1. Find a very large piece of cardboard (if doing with the family) or a large sized cardboard if working individually. 2. Draw your animal or whatever shape / item of your choice. 3. Carefully tear out a page from a colourful magazine and cut into strips about ½ or 1 inch strips and start to glue into place vertically on your drawn feature (on the cardboard shape). 4. When completely covered in vertical strips, stand back and admire. <p>Below is a bear for example from website themetapicture .com</p>





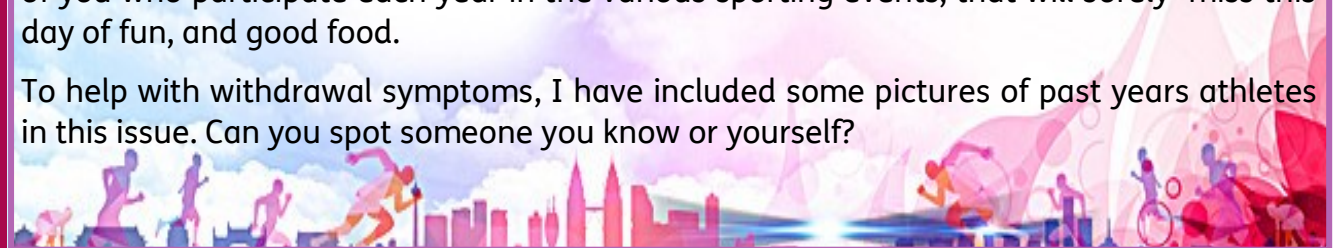
JOAN MANNS SPORTS DAY



We received notice this month from the U.S. Base in Mildenhall in Suffolk , that due to the Coronavirus, they sadly have had to cancel the event for this year. It was due to take place on Friday 25th September 2020. They are looking to send us further updates regarding next years event in April 2021.

It is a such a great disappointment for our members as I am sure that there are plenty of you who participate each year in the various sporting events, that will sorely miss this day of fun, and good food.

To help with withdrawal symptoms, I have included some pictures of past years athletes in this issue. Can you spot someone you know or yourself?



A Feast fit for Kings and Queens...

Spice Fusion in Dereham very kindly donated 12 mains and side dishes for the residents at Merle Boddy House one evening recently. The residents sat down to an amazing feast of Indian cuisine with everyone very quickly clearing their plates. The saying.. **“Can I have more”**....from the film ‘Oliver



‘ would have been appropriate to have been heard spoken that evening.

What a delightful gesture from **Spice Fusion**, we truly applaud their community spirit.

All the residents send a heartfelt **thankyou** for their amazing treat.



Saturday Clubs–July

Due to the Coronavirus, all meetings of the Saturday Club are cancelled until further notice. We will keep you updated and informed of the situation in the coming weeks

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 at Tavern Lane, in Dereham

Family Carers Meetings

The next Family Carers meeting is on

Due to the Coronavirus all future meetings are cancelled until further notice. We will constantly be reviewing the situation and will keep you updated on this.

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.

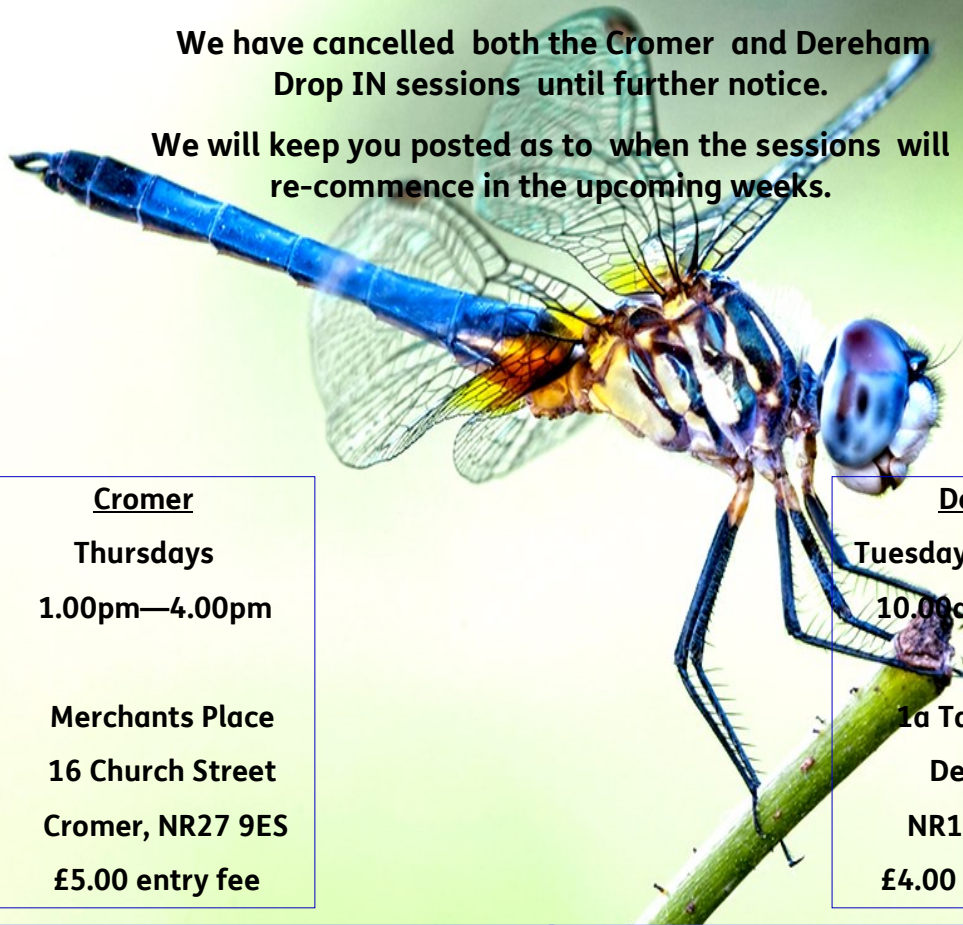
If you would like any details on anything seen in this leaflet. Please contact Mid Norfolk Mencap, 1a Tavern Lane, Dereham Norfolk, NR19 1PX. Telephone : 01362 693013 Email: info@midnorfolk Mencap.org Website: www.midnorfolk Mencap.org

Drop In's

Unfortunately, due to the Coronavirus

We have cancelled both the Cromer and Dereham Drop IN sessions until further notice.

We will keep you posted as to when the sessions will re-commence in the upcoming weeks.



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 cancelled due to Covid19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting held at
Church House
Church Street
Dereham

7.30—9.00pm

£1 Entry Fee

Gateway Club

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

We will keep you updated and informed of the situation in the coming weeks .

Meeting Held at
Dereham Community Hub
Independence Matters
Rash's Green
Dereham

7.00—9.00pm

£1 Entry Fee