

In The Loop



June 2024



Summer Barbeque
(in aid of Mid Norfolk Mencap)



Saturday 13th July 2024

6pm to 9pm

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



Adults £8 each
Children (under 12) £4 each
Price includes BBQ food



There will be a raffle and games to take part in too

Soft drinks, tea & coffee available for small donation

Glasses provided for you to bring your own alcohol



GET YOUR TICKETS NOW



Please phone or email Vivienne at Mid Norfolk Mencap
Tel: 01362 693013 Email: Vivienne@midnorfolk Mencap.org

Payments will be taken by BACS

TICKET ONLY EVENT & NUMBERS WILL BE RESTRICTED



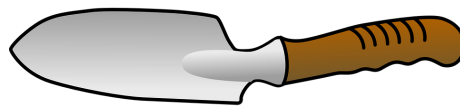
BRITISH TOMATO FORTNIGHT

SUPPORT BRITISH GROWERS

LOOK OUT FOR BRITISH TOMS IN THE SUPERMARKET



British Tomato Fortnight is an annual event that showcases the diversity and excellence of tomatoes grown across the United Kingdom. It aims to raise awareness about the importance of supporting local farmers and enjoying the seasonal abundance of homegrown tomatoes. This flavourful fortnight celebrates the rich taste, vibrant colours, and culinary versatility of British-grown tomatoes.



Or grow your own, you'll be glad you did

Grow bags are now in place in the polytunnel at the Mid Norfolk Mencap allotment, all ready for our tomatoes

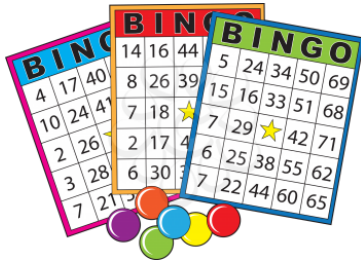
Josh is busy sorting them out and watering some other plants at the same time

Fingers crossed for some lovely sunshine and a bumper harvest



DEREHAM MEETING POINT

IN CONJUNCTION WITH
THE RAPID RELIEF TEAM

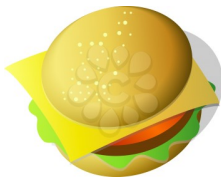


PRESENTS

**LOCAL CHARITIES COMMUNITY DAY
 IN THE QUEEN MOTHER'S GARDEN**

SATURDAY 1ST OF JUNE

10.00AM—4.00PM



A very big thank you to The Oddfellows who have chosen Mid Norfolk Mencap as their charity of the year. So do please look out for their stall at the Community Day and try your hand at their Tombola. Remember, all funds raised will be donated to MID NORFOLK MENCAP

Dereham Aid Centre & Dereham Community Crafters present...

DEREHAM D-DAY

80TH ANNIVERSARY CELEBRATIONS

FREE

Ellenor Fenn Garden and Dereham Aid Centre

6th of June | 2-9pm

- 1940s songs from Swingtones
- Serving free war time food
- Meet Neil Storey, Historian, Author and Reenactor as a soldier just back from the beaches
- BBC D-Day wartime recordings

Inspiring Communities

Breckland Council DENCORA

Dereham Community Crafters
 Derehamcommunitycrafters@gmail.com

DEREHAM D-DAY

Dereham Aid Centre and Dereham Community Crafters have joined together to provide a unique and memorable celebration of the 80 year anniversary of D Day.

From 2pm onwards in the Aid Centre and the Ellenor Fenn Garden, enjoy our re-enactment of a soldier just back from Normandy beaches, original D-Day recordings and swing music of the period. There is free food for all and we hope to see as many people as possible.

DID SOMEBODY MENTION SPAM



Learning Disability Week 2024

Monday 17 - Sunday 23 June 2024



Each year, the third week of June is **Learning Disability Week**

It is when we make sure the world hears what life is like when you have a learning disability. The theme for this year is **Do you see me?** which is all about being seen, heard and valued. It is about challenging the barriers that people with learning disabilities face, and celebrate the things that people with learning disabilities bring to society.

The topics to talk about each day during Learning Disability Week are:

- Monday 17 June: "Do you see me?"
- Tuesday 18 June: "Do you understand me?"
- Wednesday 19 June: "Will you work with me?"
- Thursday 20 June: "Do you hear me?"
- Friday 21 June: "Do you include me?"
- Saturday 22 June: "Will you support me?"



PEOPLE WITH A LEARNING DISABILITY WANT TO BE SEEN, HEARD AND VALUED

Only 26% of adults with a learning disability are employed, yet 86% of unemployed adults with a learning disability want a paid job

1 in 3 people with a learning disability spend less than 1 hour outside their home on a typical Saturday

Over 2,000 people with a learning disability and/or autistic people are currently locked away in mental health hospitals

Mencap's goal is to make the UK the best place in the world for people with a learning disability to lead happy and healthy lives.

The next UK government must put people with a learning disability at the heart of their legislative programme. The inequalities are recognised, the barriers and problems have been identified, and many of the solutions are known. The next UK government must work with people with a learning disability, their supporters, and organisations, to deliver change.

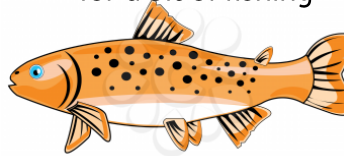


WHAT'S BEEN GOING ON IN THE COMMUNITY AND MERLE BODDY HOUSE



At last, in between some heavy rains, we have been lucky enough to get some lovely warm and sunny weather. What a treat!!

William grabbed the opportunity for a bit of fishing

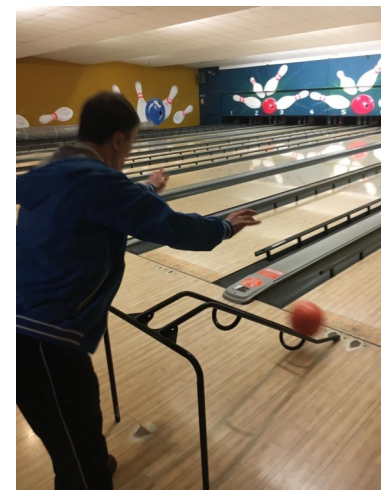


Jade decided on a lovely wander through the ancient Wayland Wood

Alleged site of the Babes in the Wood legend



Duncan opts for a trip to the pool for a nice swim, and then on for some bowling



Lilly loves cooking and is often found in the Mencap kitchen cooking up some lovely cakes or biscuits.

Today she's working on some pasties



We love it in the office when they cook, all the lovely smells going on, and when we're lucky, we get to try some of the delights



JUST A FEW OF THE CELEBRATIONS & EVENTS IN JUNE

World Milk Day

1st Jun 2024

An international celebration of milk and the milk industry. It was established by the Food and Agriculture Organization (FAO) of the United Nations to recognize the importance of milk as a global food.



Global Day of Parents

1st Jun 2024

Created in 2012, Global Day of Parents provides an opportunity to appreciate all parents for their selfless commitment to children and their lifelong sacrifice towards nurturing this relationship

World Bicycle Day

3rd Jun 2024

This UN created day celebrated the bicycle as a simple, affordable, clean and environmentally fit sustainable means of transportation.

Sausage Roll Day

5th Jun 2024

A day dedicated to the tasty treat that is the Sausage roll.



World Ocean Day

8th Jun 2024

Event organised by The Ocean Project to raise awareness of the oceans and the living creatures that make their home there



Great Big Green Week

8th Jun to 16th Jun 2024

The Great Big Green Week is the UK's biggest ever celebration of community action to tackle climate change and protect nature

Healthy Eating Week

10th Jun to 14th Jun 2024

Organised by the British Nutrition Foundation, this week aims to connect people, food and science and provide impartial, evidence-based information to people so they can adopt healthy, sustainable diets - for life



UEFA Euro 2024

14th Jun to 14th Jul 2024

The 2024 UEFA European Football Championship will be held in Germany from **14 June to 14 July.**



Father's Day

16th Jun 2024

Father's Day is the celebration of fathers in the UK, the US and most of Europe and many other parts of the world

A WARM WELCOME TO MID NORFOLK MENCAP'S NEW TRUSTEE



Simon Wingfield

Simon brings with him a wealth of knowledge and experience working across the private and public sectors. Through the Norfolk Community Foundation's ProHelp scheme, Simon supports charities and community organisations so we are delighted to have him onboard

MERLE BODDY HOUSE



We are also delighted to welcome Tomasz and Abigaëlle to the team at our residential home, Merle Boddy House



“Movement for Good” is the Benefact Group’s annual programme of giving, that anyone can get involved in, and again this year they'll be donating over £1 million to charities and good causes nominated by you.

By visiting www.movementforgood.com you can search for Mid Norfolk Mencap using our charity number 1049364 (we will appear as MID-NORFOLK MENCAP) and nominate us to receive £1,000.

The more nominations we get the better the chances of our name being drawn!

DEREHAM & DISTRICT

GATEWAY CLUB

CURRENTLY ON HOLD

PLEASE CHECK BACK HERE FOR ANY UPDATES



NORFOLK LEARNING DISABILITY PARTNERSHIP

www.norfolkldpartnership.org.uk



NORWICH Locality Meeting

Venue:

The Willow Centre,
1-13 Willowcroft Way,
Cringleford NR4 7JJ

Next meeting:

Wed 3rd July 1.30pm—3pm

WEST NORFOLK Locality Meeting

Venue:

Parkview Resource Centre,
Birch Tree Close, London Road,
Kings Lynn PE30 5QD

Next meeting:

Wed 18th July 2024, 1.30pm-3pm

NORTH NORFOLK Locality Meeting

Venue:

About With Friends
22c Holt Road
Cromer NR27 9JW

Next meeting:

Wed 10th July, 1.30pm-3pm

SOUTH NORFOLK Locality Meeting

Venue:

ASD Helping Hands, Room 412-416,
Breckland Business Centre,
St. Withburga Lane, Dereham NR19 1FD

Next meeting:

Wed 24th July, 1.30pm-3pm

STEPPING OUT CLUB

We meet at Mid Norfolk Mencap,

1a Tavern Lane, Dereham NR19 1PX

(usually on the first & third Thursday of the month)

7.30pm to 9 pm £2 entry fee

THE NEXT THURSDAY MEETING DATES ARE:

6th and 20th June



Produced by MID NORFOLK MENCAP

1a Tavern Lane, Dereham, Norfolk NR19 1PX

Telephone: 01362 693013

Email: info@midnorfolkmenca.org

Website: www.midnorfolkmenca.org

Registered Charity No. 1049364