



To keep you in the loop (excuse the pun), our Just Giving page is up and running. With your donations, our plans for a sensory room at Tavern Lane can become a reality.

To donate go to:- www.justgiving.com/mid-norfolkmencap
or for further information browse our website:-www.midnorfolkmencap.org



We now have our Breckland Lottery page up and running.
Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-



our breckland
lottery

Support local good causes
win up to £25,000!



100 Club

Don't forget we are renewing our 100 Club raffle.

Sign up for our monthly draw for a chance to win prizes of £15, £10, or £5. Just imagine opening a letter with a cheque inside for up to £15.

The yearly cost is £12.00 and an application form can be obtained from the Mid Norfolk Mencap office.



A tender moment

One of our members enjoying a wonderful day out at Racefield Stables in Newmarket, Cambridgeshire.



NEWS AND EVENTS

We are planning to run a fundraising stall on the 22nd July at the Dereham Carnival. We desperately need your donations for the prize Tombola section. If you think you could help with a donation, please could these be brought into the office at 1a Tavern Lane no later than Friday 13th July. Thank you.



Mid Norfolk Mencap BBQ

To raise funds for our Sensory Room Project and Resources

Saturday 7th July 2018 6pm - 9pm
At 'Netherley' beside Thorncroft Clematis Nursery
Reymerston NR9 4QG

Soft Drinks Bar
Tea & Coffee available
for a small donation

Bring your own alcohol
Glasses Provided

Adults £8. Children under 12 £4.
Ticket only event

Tickets available in person from Mid Norfolk Mencap
1a Tavern Lane Dereham
Norfolk NR19 1PX

Norfolk Learning
Disability Services
Southern Locality Group Meeting
19th July 2018
10.30am-1.00pm
The Annexe,
Watton Sports Centre
118 Dereham Road
Watton, IP25 6HA



Norfolk Learning
Disability Services
Northern Locality Group
19th July 2018
Meeting 10.00am start
Note: Change of meeting venue- Now at
Youngs Park, Woodgate
Way, Aylsham NR11 6UJ

TESCO Bags of Help



Fantastic News For Mid Norfolk Mencap

We would like to share with you some wonderful news.

In December 2017, we applied to be considered for the Tesco Bags of Help Grant Scheme. We are delighted to say, that our application has been successful and our project of transforming one of our rooms at Tavern Lane into a Sensory and Wellbeing room will be put forward to a customer vote in Tesco Stores during **May and June 2018 only.**

BAGS OF HELP' is Tesco's exciting local community grant scheme where the money raised by the sale of carrier bags is being used to fund thousands of local projects in the community, and ours is just one of them.



Our project along with the other two successful projects in our region will go forward to a vote in Tesco Stores where their customers will decide the outcome by voting for **their** favourite project each time they shop using the little blue tokens, therefore, we need **YOUR HELP** by voting for our project each time you shop, using your tokens. We urge you to be our **Champions**, by getting behind us with this scheme. It is only for a short period of time, so please, please shop in Tesco's and help us with our project. Pop those tokens in! Each time you support us with your vote, and with the money raised, our Sensory room comes ever closer to being completed and will be the most tactile, visually stimulating, and fantastical feast for the eyes for all the users of the room.

A project we are proud of.



Learning Disabilities Week 18th—24th June 2018

with the theme of
'All About Health'



This year Learning Disability Week will be 'All About Health'. With a big focus on the **Treat Me Well Campaign**

Mencap are running a campaign calling on NHS staff to make reasonable and simple changes in hospital care for people with a learning disability which can make a huge difference and save lives. They are asking for some reasonable adjustments such as positive communication, more time and clearer information, when in hospital. We know the treatment that people with a learning disability get in hospital is still not good enough in many parts of the country. They are asking for people to support this campaign. If You would like to get involved with and support the 'Treat Me Well Campaign' you can do so by signing up on line at www.mencap.org.uk and following the links.

For us here, we are rounding off the week with a buffet and a get together during the Drop In session at Tavern Lane on Friday 22nd June. Do pop in if your passing by or even better let us know if you are intending to pop along.



MID NORFOLK MENCAP

PRESENTS

THE BIG JUMBLE SALE

Saturday 16th June 1pm—3pm

**1a Tavern Lane Dereham,
NR19 1PX**

**Something for everyone
old and young, and all in-between!**
**STALLS INCLUDE: books · clothes · toys ·
REFRESHMENTS · RAFFLE**



Enjoying a fun and educational day out at the EcoTech Centre in Swaffham



Day out at Banham Zoo



Arts and Crafts Holiday

Summer 2018

For 1 week



Our Whitsun 2018 arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX

This Summer we will be running the holiday Club for 5 days in succession
Monday 30th & Tuesday 31st July, 1st, 2nd & 3rd of August inclusive only.

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@midnorfolkmenap.org



We wish to say a **HUGE** thank you to



Yaxham Waters

Who kind-heartedly organised and hosted a recent Quiz Night which raised £458 towards our Sensory and Wellbeing Room Project.

The money brings us a step closer to our goal.

The support from companies like Yaxham Waters is making it possible for people with disabilities to experience new environments in a fun and positive way.

Once again, to all the staff of Yaxham Waters, we say.....

THANK YOU



Are You looking for Residential Accommodation?

We have a ten bedroom establishment, Merle Boddy House that has just celebrated 28 years of supporting people. Our residents are treated with dignity, and respect following the person centred approach in their own home.

At present we have two vacancies. If you are interested and would like to have a chat or come and visit, then please ring Mary Morgan our Registered Manager on 01362 694643, or Jon Rose, General Manager on 01362 693013.



Volunteers Needed!



Do you have a few spare hours a week? Do you get bored at looking at four walls? Ever thought of becoming a volunteer? We are always pleased to see people coming forward to help volunteer in the various clubs and Drop-in sessions we run or as Trustee members. We also run a Playscheme and urgently need volunteers for this Arts and Crafts club this summer. This will run for 1 week from Monday 30th July to Friday 3rd August.

The rewards of becoming a volunteer are non-ending. Everyone has a talent, use yours to help people with learning disabilities. You will be amazed at the feel good factor you will experience and the gratitude shown from our members.

We are **always** on the lookout for Volunteers.

If you are interested in volunteering, then please contact Anya or Lorna at the Mid Norfolk Mencap Office on 01362 693013.

CALLING ALL VOLUNTEERS!





Saturday Clubs—June

Swaffham - On 2nd June - Fathers Day card crafting

Dereham - Please Note: We will be visiting Banham Zoo on 9th June instead of the 16th June.



There will not be a Saturday Club on the 16th June.

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.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 1pm- 3pm and will cost £18 per session.



If you would like to attend the music sessions please



Family Carer Meetings

The next Family Carers meeting is on

Wednesday 13th June 2018



There will be an art and craft session with Lorna this month.

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 2018 can be found on our website: www.midnorfolk Mencap.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@midnorfolk Mencap.org

Website: www.midnorfolk Mencap.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



Gateway Club

- 6th June — Boat Trip
- 13th June — Music Club
- 20th June — Special Olympics
- 27th June — Kurling and Crafts

Dereham Community Hub

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

£1 Entry Fee



Stepping Out Club

- 4th June— Music Quiz
- 11th June—No Meeting
- 14th June—No Meeting
- 18th June—Visit to Strikes & a meal
- 25th June—Ellie, Cerys & Hannah

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

£1 Entry Fee