



June
2019
Issue



Mencap to be London Marathon's Official Charity in 2020

National Mencap has been named the official Charity of the Year for the 2020 Virgin Money London Marathon. The money raised by runners for the charity at the London Marathon will fund projects bringing together young people with learning disability through sport. There are charity spaces available for our readers who are runners out there and feel ready to run a marathon. Register your interest by visiting online

www.mencap.org.uk.

It is with sadness that we inform you of the passing of Trevor Watts who passed away in May 2019.

Trevor was a former resident at Merle Boddy House for many years and was known for his cheeky smile and enjoying the company of the other residents and talking about Elvis of whom he was a huge fan. Trevor just loved going out every day to buy a newspaper and a bar of chocolate and a coffee, and then relaxing to enjoy his treats. Trevor was such an interesting gentleman and will be sadly missed.

Carers Matter Norfolk,

The Carers Voice of Norfolk & Waveney, a registered charity have FREE events for unpaid carers in Norfolk up for grabs. This is a wonderful chance to relax, with free complementary therapies and pampering for unpaid carers in North and West Norfolk, including: mindfulness, massage, music, refreshments and much much more. Already confirmed are hand massages, manicures, seated exercises, technology help with your laptop/mobile phone. Benefits / legal advice & a MOT for your feet with a foot health practitioner. Tickets are **FREE** but places are limited so **book now** to avoid disappointment.

Cromer- 3rd June, Cromer Parish Hall, 65 Church Street, Cromer NR27 9HH.
10.30am – 1:00pm Book at: <https://we-care.eventbrite.co.uk>

Carers Matter Norfolk will do their best to cater for carers requirements so do contact them if you have any specific needs: e.g. transportation, accessibility or dietary restrictions. Any questions can be sent to the organizer: laura.middleton@carersmatternorfolk.org. You don't have to bring your printed ticket to the event if you have booked your place, just turn up. They ask that you please let them know if you are unable to attend.

We Are Recruiting !!!

Mid Norfolk Mencap has several exciting posts open within our dedicated staff team, who support and encourage people with varying degrees of learning disabilities, to live the life they choose with independence and equality. Our residential home is very close to the busy market town of Dereham. We also provide a Community Outreach Service, which also has posts available

Full Time (37 hours), Part Time (Various), Bank (0 Hours) available

Typical shift patterns: 7am-3pm/3pm-10pm/Nights 10pm-7am

Community Shifts vary in times

We are keen to find individuals who share our vision and values. You may or may not be experienced, but we can offer a supportive journey through career progression, via induction, regular supervisions, learning and development with recognition of you as an individual.

Our Values:

We are Inclusive. People with learning disability are at the heart of everything we do.

We are Trustworthy. When we promise something, we don't let people down.

We are Caring. We treat everyone with respect and kindness.

We are Challenging. When we see things that aren't fair we will campaign until we see real change.

We are Positive. We never stop believing in a better future and we celebrate what we are proud of now.

Benefits? Mid Norfolk Mencap recognizes the fantastic work of their staff by offering some brilliant perks which include: enhanced rates of pay on Sundays and Bank Holidays, life insurance, pension, and 28 days holiday increasing to 30 after 2 years continuous service.

Rate of pay: £8.28 per hour in the residential service (£9.52 for Sundays and Bank Holidays) and £9.00 per hour in the Community Outreach Service (£10.35 on Sundays and Bank Holidays).

If you would like more information or would like to request an application pack, then please call Lorna or Anya on 01362 693013 for more details.

We wish to say an enormous thank you to Penny Kirk and her wonderful band of volunteers who yet again worked their socks off in arranging a very successful North Norfolk May Ball this year. My how time flies! It was lovely to see everyone dancing the night away to Granville's disco, and enjoying the wonderful buffet that was laid out on the tables so beautifully. I'm sure that everyone who attended thought it the most wonderful of evenings, please enjoy the photos of the evening in this edition of the 'Loop'.



Mid Norfolk Mencap Barbeque

Saturday 6th July 2019 6pm - 9pm

At 'Netherley' The Lings Reymerston NR9 4QG
(ON the B1135)

Adults £8. Children under 12 £4

Price includes BBQ Food

Ticket only event

Tickets available in person from Mid Norfolk Mencap



**Bring your own alcohol
Glasses Provided**



**Soft Drinks
Tea & Coffee available**



'If possible, please bring own chairs'

Peter Beales Garden Centre

London Road, Attleborough, Norfolk, NR17

We are proud to announce an 'Evening Tour' of Peter Beales Roses, on Saturday 29th June 2019. The tour begins at 6pm with a walk around their beautiful rose gardens, an atmospheric experience that is not usually available to the public during evening time, with the amazing scent from the roses alone, this is an opportunity not to be missed.

Dusky Sunday, a very talented singer/song writing duo will be performing during the evening, along with a short talk from a speaker from Mid Norfolk Mencap and a raffle. Refreshments are available during the evening from the garden marquees, along with a tombola stall run by us.

**Tickets cost: £25 per person, with all profits going towards Mid Norfolk Mencap.
Tickets are available to buy from their website**

<https://www.classicroses.co.uk/garden-products/tickets-for-workshops-and-courses/29-06-19-garden-party-charity-evening.html>

Do come along and support us, at this ticketed event and enjoy the rose perfumed gardens which are spectacular at this time of the year whilst having a great evening. What could be better?





Bingo Nights

Mid Norfolk Mencap Proudly Announce
their Bingo Nights

on the last Friday of each month

from 7-9pm

All provided for the

grand price of £5

Come along, play bingo, eat chips,

Win →

and Have a great time at

1a Tavern Lane Dereham NR19 1PX



Doors open 6.45pm



Eyes down 7pm



“Carers Information Day”

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 10th June 2019 10.00am till 3.00pm

Come along and meet the people who will offer Help, Information and Advice for Carers, Ex-Carers, Older People and the Lonely With lots of support at these events, drop in and find help and support in where to get the services required.

Including:

- Macmillan Cancer Support
- AGE UK Norwich - Autism Anglia
- Norwich Access Group
- Arthritis Care - Alzheimer’s Society - Marie Curie
- Dementia Services - Equal Lives
- Norfolk Carers Support
- Action for Blind People
- BUILD

Here are some more pictures for you to enjoy, taken at North Norfolk May Ball 2019

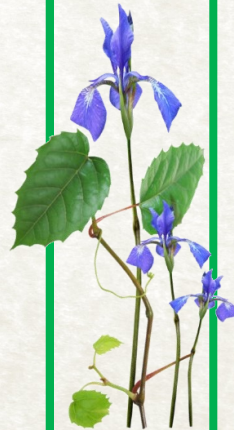


Norfolk Learning
Disability Services
Southern Locality Group
meeting

6th June 2019

10.30am-1.00pm

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



Norfolk Learning
Disability Services
Northern Locality Group
meeting

TBC

Meeting: 2—5pm

**Note: Change of meeting
venue— Now at
Youngs Park, Woodgate Way,**



Arts and Craft Holiday Club —Summer—



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run From Monday 5th to Friday 9th August 2019 Inclusive,

From 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX

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@midnorfolkmenca.org



Learning Disability Week 2019

Learning disability week will take place from 17th – 23rd June 2019. The theme this year is all about sport and inclusion. The aim is to highlight and improve the access to various sports for people with disabilities, and give them the same opportunities as everyone else.

To read more and find out further news, please visit

www.mencap.org/get-involved/learningdisabilityweek





*You are cordially invited
to attend a*

Charity Ball

In aid of Downs Syndrome Norfolk

Saturday 27th July 2019

*Lancaster Suite
Holiday Inn Norwich Norfolk
Cromer Road, Norwich
NR6 6JA*

*Red Carpet
Drinks on arrival
3 Course meal
Charity Raffle and disco*

Black Tie & Posh Frocks

Arrival 7.00pm

Tickets:

£39 Adults

£25 Children (up to 12 yrs)



Carriages 1.00am

Registered members with

Downs Syndrome: FREE

To reserve your tickets please contact:

Gaynor or Jason on 07759 957 616 / 07871 504 483





Saturday Clubs– June

Swaffham - 1st June— Make your own Pizza

Dereham - 15th June— Cinema Day & making your own popcorn

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.



Family Carer Meetings

The next Family Carers meeting is
on



Wednesday 12th June 2019

Crafting with Lorna

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 2019 can be found on our website: www.midnorfolkmenca.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@midnorfolkmenca.org
Website: www.midnorfolkmenca.org



Drop In's

NEWS AND EVENTS



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



Stepping Out Club

3rd June—Cards & Boccia

10th June — No Meeting

17th June— BBQ Millwright Arms

24th June —Bingo

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

£1 Entry Fee



Gateway Club

**5th June— Railway Tavern—
Fish, chips & Disco**

12th June— Boat Trip Horning

19th June— Music Club

26th June— Sports Night

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

£1 Entry Fee