



June  
2021  
Issue



## FIRST TRIPS OUT AFTER LOCKDOWN

Here are some photographs of our Community Service Users getting out and about with the easing of lockdown restrictions.....

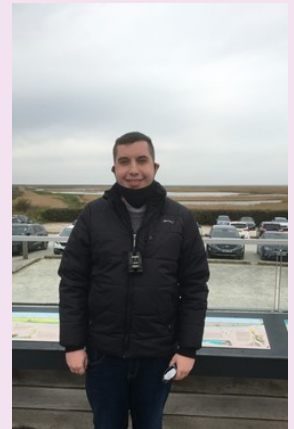


Steven in the pub on the day they re-opened (no beer as he'd just been to the gym!)

Fleur's trip into the City and a refreshment stop



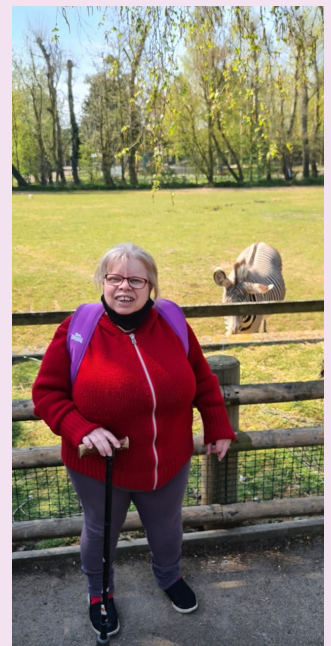
Jade in the city for shopping & cinema



Kieran's trip to Cley marshes



Callum exploring Holt Country Park



Pam back at Banham Zoo (one of her favourite places)

## SENSORY ROOM TO RE-OPEN FOR BOOKINGS SOON

With the last of the lockdown restrictions being lifted later this month, we will then be planning to open up our amazing Sensory Room for bookings once again. The room was opened in January last year and, after some bookings before the Covid pandemic hit, it has had to remain shut since then.

A Sensory Room is a specially designed space aimed to stimulate the senses, encouraging engagement and/or promoting de-escalation. Sensory experiences can be hugely beneficial to children and adults alike. They are great for promoting a range of developmental skills, for example, colour recognition, hand-eye co-ordination and fine & gross motor skills. They can be extremely useful for people with autism, sensory processing disorders, social, emotional & behavioural difficulties and profound & multiple learning difficulties.



*Room hire is charged at £10 per hour and is open to all in the community.*



With many different needs and requirements catered for, the room creates a wonderful sensory environment and allows clients to relax in a calm space. A brilliant visual experience is offered with the bubble tubes and fibre optics (for distraction and visual stimulation), along with bespoke bench seating and floor pads for protection as shown opposite, colour changing mood lighting (for distracting and calming), an interactive wireless sensory cube and recordable speaker.

*We will let you all know via the Loop when we have a definite re-opening day.*

## SUPPORTING A YOUNG PERSON WITH GAMING AND MENTAL HEALTH

For young people gaming can be so much more than just a game. It helps them relax, connect with their friends and feel part of a community.

YOUNG MINDS has partnered with CELEBRITY ESPORTS to launch *More Than A Game*, a campaign designed to bust myths on gaming, and help young people have a more positive time when they play. Although gaming can be a really positive thing, like many other aspects of life, it can become a problem. If you're worried that a young person you know is struggling with the impact of gaming on their mental health, have a look at the information and advice at: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>





# Mid Norfolk Mencap Summer Barbeque



**PLANNED FOR**

**Saturday 17th July 2021, 6pm - 9pm**

**at 'Netherley', Tolvers Loke, Reymerston**

**NR9 4FF (on the B1135)**

**Adults £8 each. Children (under 12) £4 each.**

**Prices include BBQ Food.**



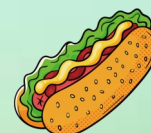
**RESERVATIONS FOR TICKETS BEING  
TAKEN FROM TUESDAY 15TH JUNE**



**Please contact Anya or Sarah at the  
Mid Norfolk Mencap office to reserve tickets**

**Email: [info@midnorfolk Mencap.org](mailto:info@midnorfolk Mencap.org)**

**Phone: 01362 693013**



**When lockdown restrictions are confirmed later this month,  
we will then sell tickets.**

**To make it easier this year, you will  
be able to pay by bank transfer.**



**THIS IS A TICKET ONLY EVENT  
AND NUMBERS WILL BE RESTRICTED**



## AUTISM AWARENESS E-LEARNING

The Norfolk Autism Partnership has created an Autism Awareness E-learning programme with the help of Norfolk County Council, Norfolk and Suffolk NHS Foundation and the Norfolk All Age Autism Partnership Board.



NORFOLK  
AUTISM  
PARTNERSHIP

The E-learning has been developed to be shared to spread awareness and understanding around Norfolk and beyond. This E-learning training package is endorsed by the University of East Anglia and complies with the Autism Act (2009) and the Equality Act (2010) and covers subjects such as:

- The notion of autism as a spectrum, including the fact that it is a life-long condition
- Key characteristics – understanding the main differences found in people with autism
- Common sensory differences experienced by people who have autism

You will need to complete all activities, in each chapter of the training, to gain access to the quiz. You can access the E-learning on the Norfolk Autism Partnership Board independent website. Please go to: <https://www.norfolkautismpartnership.org.uk/autism-awareness/>

The website is also the place to find out about the work of the Norfolk Autism Partnership Board and how you can get involved to help make Norfolk a better place for people with autism to live, learn and work. The website also has a wealth of information and links to support those with autism, their families and friends.



## NEW WEBSITE FOR DEAF YOUNG PEOPLE

The National Deaf Children's Society (NDCS) has re-designed its website for deaf young people. The Buzz is the only website for deaf young people aged 8 to 18 in the UK. It is a safe, online space created by deaf young people for deaf young people.

New features mean that deaf young people now have a platform where they can read inspiring stories, connect with others like them, find the latest information and support, sign up to events, ask questions and get involved.

There are 50,000 deaf young people across the UK and The Buzz wants them to know that they are not alone and that they can succeed at whatever they want to.



## COVID-19 TESTING

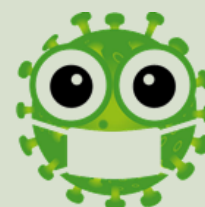
Symptom-free rapid Covid-19 testing (also known as lateral flow testing) at home is now available. Tests are free, fast and easy to use and you can easily report test results online.

You can pick up test kits at a range of venues including pharmacies and some libraries.

Go to <https://maps.test-and-trace.nhs.uk/> to find your nearest pharmacy offering free, rapid-test kits. The 'Pharmacy Collect' service is available to people aged over 18 without symptoms who are able to visit a participating local pharmacy and collect a box of seven rapid tests to use twice a week at home.

Regular testing continues to play a critical role in stopping the spread of the virus and breaking the chains of transmission. If caring duties or your own health means that you are unable to pick them up, you can also arrange for tests to be delivered to your home at:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or by calling 119.





**KEEP  
CALM  
AND  
FINGERS  
CROSSED**

## FAMILY CARERS MEETINGS

Once we know for sure that all lockdown restrictions are going to be lifted on 21st June, we will then confirm for the July issue whether the monthly meetings are going to resume on **Wednesday 7th July** in a Covid-secure manner.

Normal meetings take place between 10.30am and 12.30pm at Dereham Memorial Hall one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

## FREE P.P.E. FOR CARERS WHO LIVE SEPARATELY TO THOSE THEY CARE FOR



Norfolk County Council is now able to provide a free PPE pack to any unpaid carers who live separately from the person they are caring for. This is being funded by the Department for Health and Social Care. The pack will include Personal Protection Equipment (PPE) to support them in their role as a carer. They have included gloves, masks, aprons and bottles of hand sanitiser.

If you are someone or know someone who would like to receive a pack, please use the link below where you can register your details, tell them about your caring situation, and request a pack to be delivered to your home or nearby collection point.

The link to take you straight to the form is:

[https://www.careplace.org.uk/Information/PPE\\_UnpaidCarers/?LA=Norfolk](https://www.careplace.org.uk/Information/PPE_UnpaidCarers/?LA=Norfolk)

## SEE ABILITY

### FREE EYE, EAR AND DENTAL GUIDES FOR FAMILIES OF CHILDREN WITH A LEARNING DISABILITY OR AUTISM

SeeAbility champions better eye care for people with learning disabilities and autism, many of whom have sight loss. Everyone with a learning disability, autism or both should be receiving regular eye care. All children can get free eye care from the NHS and, when they are needed, glasses.

SeeAbility has worked with NHS England, Contact and the National Deaf Children's Society to produce a series of three guides for families on eye checks, hearing checks and dental checks for children with a learning disability, autism or both. The guides explain why these health checks are important, how they are done, how to access them and how to prepare and support your child.

NHS England has committed in their long term plan to providing a fully funded eye care and glasses service to all special school students in the familiar environment of their special school. This new service will ensure that children in special schools are receiving eye care and glasses, which will help them to maximise their vision and independence.

You can read more about this and download the guides at [https:// www.seeability.org](https://www.seeability.org)

## SPECIAL CELEBRATION DAYS IN JUNE 2021



Pride month

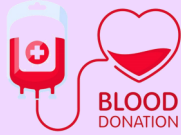
1st—7th, Volunteers Week

7th—13th, Carers Week

4th, National Fish and Chip Day



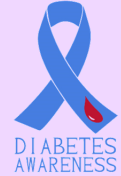
8th, World Oceans Day



14th, World Blood Donor Day

14th—18th, Loneliness Awareness Week

14th—20th, Diabetes Awareness Week



15th, National Beer Day

20th, Father's Day



21st—27th, Learning Disability Week (see below)

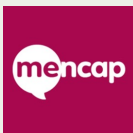
23rd, International Women in Engineering Day

26th, National Parma Violets Day



27th, National Bingo Day

28th June—11th July, Wimbledon Fortnight



### LEARNING DISABILITY WEEK (21st to 27th June)

The theme for this year's Learning Disability Week is Art & Creativity.

For many people with a learning disability and their families, getting creative has been a way to stay connected and positive through the challenges of the last year particularly. Getting involved in creativity and self expression can help improve mental health and lead to greater community inclusion. And people with a learning disability deserve to be better represented in the creative world – there is so much talent out there!

We will be engaging our community service users and residents to join in to create artwork that makes them happy, whether it be painting, drawing, photography, arts & crafts or clay sculpture. We would love to see your piece of art too. Please send us a photograph of your finished creation.

Watch how to make printed handprints on Mencap TV: <https://youtu.be/bhRteO307N4>

#### SOUTHERN

Locality Group Meeting  
Norfolk Learning Disability Services

**CANCELLED**

**until further notice**

Usually held at:

The Annexe,

Watton Sports Centre,

118 Dereham Road, Watton IP25 6HA

#### NORTHERN

Locality Group Meeting  
Norfolk Learning Disability Services

**CANCELLED**

**until further notice**

Usually held at:

The Bayfield Centre,

Kelling Hospital,

Old Cromer Road, High Kelling NR25 6QA





## TRANSFORMING SPEECH & LANGUAGE THERAPY FOR NORFOLK

Norfolk County Council and the Norfolk & Waveney Clinical Commissioning Group (CCG) announced in March an ambitious new £3.4 million per year plan to transform speech and language therapy services for children and young people in Norfolk after a new countywide contract was agreed.

Norfolk County Council and Norfolk & Waveney Clinical Commissioning Group (CCG), which jointly fund and run speech and language therapy, have commissioned Cambridgeshire Community Services (CCS) NHS Trust to provide one single consistent and integrated service across the whole county. A key element of the new service is CCS's commitment to work with families and children and young people with special education needs and disabilities to ensure that all children get the support they need to be effective communicators as part of a co-ordinated drive to improve language development across Norfolk.

Going live in August, initially as a 5 year contract, the new service will seamlessly replace the existing service, which runs via two different contracts.

Speech and Language Therapy (SaLT) services are for children and young people from birth to 18 with speech, language and communication disorders, delays or dysphagia and up to age 25 for those with an identified need stipulated in their Education Health and Care Plan. Speech, language and communication are essential life skills and crucial to enabling children and young people to interact socially and emotionally, as well as academically. Speech and language difficulties can have a significant impact on a child's life chances. It is estimated that around ten per cent of all children have long-term speech, language and communication needs, which equates to 20,000 children in Norfolk and Waveney.

The aims of the new provision will be:



- To continue to provide expertise and training to enable the identification, assessment, investigation and support of children and young people.
- To develop and implement integrated care pathways to facilitate early identification and assessment, including specialist assessment and intervention.
- To work with system partners to provide centralised training and workforce development with opportunities to build the skills and capacity of parents and professionals.
- To deliver a 5 day-a-week service based in the community to ensure children and young people are supported close to home, operating from a range of suitable, accessible community locations.
- To provide safe, high quality, child-centred, timely and flexible services.

## NON-EPILEPTIC SEIZURES Do they affect your family?

Norfolk Community Health & Care NHS Trust and Norfolk & Suffolk NHS Foundation Trust have been asked to develop an approach to treatment, case management and awareness raising of non-epileptic seizures, with a view to the development of national best practice guidance.



In Norfolk, very small numbers of children and young people are diagnosed with non-epileptic seizures each year. Locally and nationally, there is no recommended pathway for managing and treating this condition. If your child has been diagnosed with non-epileptic seizures, would you be interested in supporting the work described above? It's important that families who have experienced the condition and understand what it means for them, are able to say what they need. If you'd like to find out how you could help, contact Helen Bradley, Quality Matron for Children's Services, by email on [helen.bradley@nchc.nhs.uk](mailto:helen.bradley@nchc.nhs.uk).

## DROP INS

**Still with no definite start dates for the both the Cromer and Dereham Drop In sessions, these are cancelled until further notice.**

**We will constantly be reviewing the situation and will keep you posted as to when the sessions will start again.**

### 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 **still cancelled** due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings usually held at:

Church House  
Church Street  
Dereham

7.30—9.00pm

£1.50 Entry Fee

## GATEWAY CLUB

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

We will keep you updated and informed of any change in the situation.

Meetings usually held at:

Dereham Community Hub  
Independence Matters  
Rash's Green, Dereham

7.00—9.00pm

£1 Entry Fee

If you would like 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](mailto:info@midnorfolkmenca.org)

**Website: [www.midnorfolkmenca.org](http://www.midnorfolkmenca.org)**