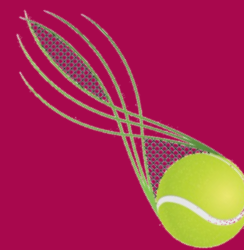




June  
2022  
Issue

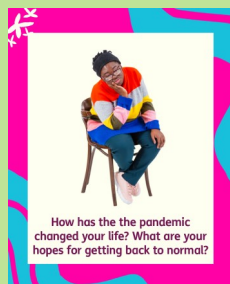


## LEARNING DISABILITY WEEK 20th - 26th June 2022

The event is organised every year by Mencap. It aims to improve the quality of life for individuals with learning disabilities by raising awareness about important issues, fighting stigma and discrimination, and raising funds for outreach and support programs.

The aims each year for Learning Disability Week are to:

- Educate and raise awareness about learning disabilities
- Smash stigmas and end discrimination
- Fight and campaign for a fair society



### What's the theme for 2022?

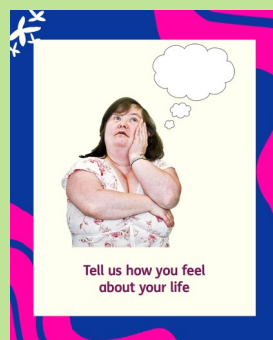
#### Living Life with a Learning Disability

Mencap's annual campaign is all about making sure the world hears what life is like if you have a learning disability.

This year, they want to show how people with a learning disability are reconnecting with friends and their communities. They also want to talk about the issues many people still face after the end of Covid restrictions, like still having to isolate or dealing with poor mental health and anxiety.

If you want to help celebrate Learning Disability Week 2022 by sharing something about your life or that of a family member you can tell your story via their website at:

<https://www.mencap.org.uk/LDWeek>



What do you want to tell the world? What do you love? What do you want to change? What are you proud of? What are you worried about?

Whatever it is, they want to help you tell your story. Get in touch and help to show the world what it's like to live with a learning disability.

We will be engaging our community service users and residents to join in too.



**The Green Light Trust** exists to support people from all backgrounds and experiences to rebuild, reawaken or refocus their lives through the power of nature.

Since launching in 1989, their mission has been to positively transform the lives of individuals by being outdoors. The charity delivers a variety of courses, workshops and educational opportunities for both adults and children.

Their woodland environment is rich with inspiration and resources and their Woodland EARTH for SEND courses are designed for adults and young people with disabilities, learning difficulties and/or special educational needs. Accommodating mainly therapeutic and personal development, the course also puts an emphasis on physical and emotional health and wellbeing, as well as improving social skills and communication.



Current day prices are available on request. Funding is normally accessed via an individual's Personal Health Budget (PHB), Personal Independence Payment (PIP), or via the Local Authority, but can be personally funded.

Learn about: Tree & hedge planting, formative tree pruning, coppicing, scrub & ride maintenance, green woodwork, hedge laying, making green wood structures, woodland art and crafts, animal homes and bush craft (shelters, fires and cooking).



These usually run as free programmes for up to 10 people at all 3 of their woodland locations. They are for a fixed number of weeks and can be a good introduction to the Green Light Trust for participants considering entering their Step by Step rolling programme.

Wheelchair access to their woodland sites may be weather dependent. Please discuss any additional requirements when you book.

**View more about them and the work that they do at: [www.greenlighttrust.org](http://www.greenlighttrust.org)**

**or call 01284 830829**

<p>Since its formation in 1989, the Green Light Trust has become a recognised leader in harnessing the power of nature to build...</p>	<p>Through our collaborative approach, we help thousands of people to improve their mental health.</p>	<p>We teach skills and self-esteem to children and adults who are disadvantaged or disconnected...</p>	<p>...and we motivate and support huge numbers of people seeking employment opportunities or an escape from their addictive or abusive pasts.</p>
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# Summer Barbecue



**(in aid of Mid Norfolk Mencap)**

**Saturday 9th July 2022, 6pm - 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.  
Soft drinks, tea & coffee available for small donation.  
Glasses provided for you to bring your own alcohol.

Tickets will be available from **9th June**.

Please phone or email Sarah for tickets at:

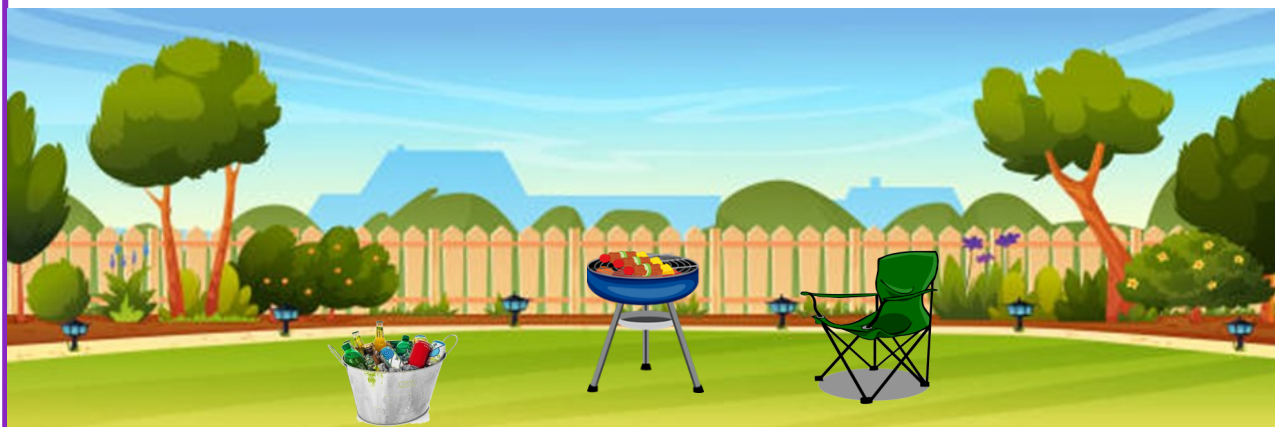
Tel: 01362 693013 Email: [sarah@midnorfolk Mencap.org](mailto:sarah@midnorfolk Mencap.org)

Mid Norfolk Mencap, 1A Tavern Lane, Dereham, NR19 1PX

Payments will be taken by BACS again.



**TICKET ONLY EVENT & NUMBERS WILL BE RESTRICTED.**





## THE DOWN SYNDROME ACT 2022

The Down Syndrome Bill completed its journey through the Houses of Parliament earlier this month and received Royal Assent on 28th April.

Its aim is to ensure that health, education, and local authorities take account of the specific needs of people with Down syndrome when exercising their relevant functions. The Act is just the first stage.

The Secretary of State first has to develop and issue guidance to health, education and local authorities (in respect of social care and housing) on how to meet those specific needs of people with Down syndrome, and then the relevant authorities have to have due regard to the guidance in providing services.

Currently children with Down syndrome are automatically sent to a special school and only one in four go to a mainstream school, due to lack of support.

The bill will rectify this by placing a requirement on every school to meet the needs of pupils with Down syndrome, thus giving them a choice of which school to go to.

This would mean better training for teachers to understand the condition, including helping pupils with Down syndrome with their speech and language—improving their life chances as a result.

Campaigners have welcomed the passing of the legislation which will place a new duty on local authorities to ensure tailored support is available for those living with Down syndrome in their areas.

Similar to the Autism Act which passed in 2009, supporters of the new Bill hope it will improve outcomes across the UK for those with Down syndrome.



Local authorities are legally obliged to use assessment under the Care Act 2014 to assess people based on need, not diagnostic categories.

The Bill seeks to ensure that relevant authorities have clear guidance on appropriate steps for them to take to meet the needs of people with Down syndrome. The guidance will also help individuals with Down syndrome and their families to have a clearer understanding of what they can expect and what they are entitled to receive. This is all the more important when we consider that this is the first generation in which people with Down syndrome are likely to outlive their parents.



## JUNE BANK HOLIDAY CLOSURES

To celebrate the Queen's 70th anniversary as monarch, there are two bank holidays at the beginning of June so the premises at Tavern Lane will be closed on **Thursday 2nd June** and **Friday 3rd June**.

We will be celebrating the event with a tea party on 1st June for our Community service users.



## UPDATE ON OUR TESCO COMMUNITY GRANT

We have now heard that we have been granted **£1,000.00** from the Tesco Community Grant scheme (managed by the community charity Groundwork UK).

This is specifically for the purpose of our Field to Fork Allotment Project.

Thank you to everyone who voted for us with the Tesco blue tokens in Dereham between January and March this year. We are going to plough on with our plans for our allotment plot with the help from, and benefit of, our community clients and residents of Merle Boddy House. The preparation work at the beginning may seem boring and hard but we will reap the rewards and learn many new skills so it will be worth it!



**TESCO**  
Community Grants

### THE STORY SO FAR.....







## SUPPORTING UKRAINE

The drawings from the Peace display that our Community service users did here in our drop in room to show support for Ukraine, have now formed part of the window display at the new community hub in Dereham for displaced Ukrainians and their hosts.

The Dereham Ukraine Aid Centre in Wright's Walk has now opened for people forced to flee their homeland to meet and stock up on food and clothes items. The centre will also offer English lessons, as well as a cafe and a play area for children.



The service users walk past with pride knowing their pictures will be welcoming people from the war zone and will brighten their day.



Creating Connections | Building Communities

## SOCIAL ISOLATION AND LONELINESS

Better Together Norfolk is open for referrals (including self-referrals) for social isolation and loneliness support in Broadland, Great Yarmouth and South Norfolk.

The services offer 1 to 1 support to adults (18+) whose loneliness is the primary issue affecting their health and wellbeing, including adults with SEND. Clients are supported to:

- Access social activities, volunteering opportunities, community services and assets.
- Identify and overcome barriers that prevent them becoming connected.
- Reconnect with family and friends and make new connections in their community.

The services can also form part of a wider package of support for individuals where loneliness is a symptom of other more complex challenges, such as caring responsibilities, mental or physical ill health or debt.

Refer someone else (or yourself) via the form at:

<https://www.bettertogethernorfolk.org.uk/eligibility-and-referral-form/>

or by calling the helpline on 0300 303 3920.

## SPECIAL CELEBRATION DAYS IN JUNE 2022



2nd, Trooping the Colour (Carrying of the Flag) ceremony on Horse Guards Parade marks the official birthday of The Queen. It has marked the official birthday of the British monarch for more than 260 years. More than 1,400 soldiers, 200 horses and 400 musicians take part in the event, so it's quite a spectacle!

2nd—5th, celebrating The Queen's Platinum Jubilee.



3rd, World Bicycle Day.



6th, Anniversary of the Normandy landings in 1944 (D Day), when the coast of France was invaded by Allies in World War II.

10th, First Oxford v Cambridge boat race in 1829. Oxford won.



12th, Anne Frank born in 1929 in Frankfurt. Jewish girl whose diary of her family's two years in hiding during the German occupation of The Netherlands became a classic.

13th– 19th, Diabetes Awareness Week.



14th, World Blood Donor Day.

19th, Father's Day.

20th-26th June, Learning Disability Week (see front page).



21st, Longest day, summer solstice.



25th, celebrating the English novelist George Orwell's birthday.



25th, Armed Forces Day.



27th, Wimbledon Tennis Championships starts (until 10th July).

28th, Henry VIII's birthday. Henry VIII was King of England from 1509 until his death in 1547. He is best known for his six marriages.



## FAMILY CARERS MEETINGS



The group have decided to cancel their organised meeting dates for June and July so will not be meeting at Dereham Memorial Hall over the summer.

They will still meet up but more informally, including at a local charity garden party.

Please contact either Pauline Drury or Sue Rimmer for more information.

Pauline: 01362 637895 or paulinedrury@yahoo.co.uk

Sue: 01328 855157 or suerimmer10@btinternet.com

They hope to be back after the summer. Please look out for information here.



With no firm re-opening dates for these clubs and drop in sessions, dates will be published here and members will be notified directly too when there is news. We are hopeful for the autumn. Watch this space!



**DROP INS (Dereham and Cromer)**  
**SATURDAY CLUBS (Dereham and Swaffham)**  
**GATEWAY CLUB**



### STEPPING OUT CLUB

Meetings take place at  
**Church House, Church Street,  
Dereham**

Their meeting day is **Thursdays**,  
7.30pm — 9.00pm  
with a £1.50 entry fee.

The next planned dates are:  
**Thursday 9th June  
and  
Thursday 23rd June**

Always looking for new members  
to come along.  
A friendly bunch will welcome you.



Produced by **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)**



### WHY WAS JUNE MADE?

**A poem by Annette Wynne**

Why was June made? – can you guess?  
June was made for happiness!

Even the trees

Know this, and the breeze

That loves to play

Outside all day,

And never is too bold or rough,

Like March's wind, and just a tiny blow's  
enough;

And all the fields know

This is so –

June was not made for wind and stress,

June was made for happiness;

Little happy daisy faces

Show it in the meadow places,

And they call out when I pass,

“Stay and play here in the grass.”

June was made for happy things,

Boats and flowers, stars and wings,

Not for wind and stress,

June was made for happiness!

