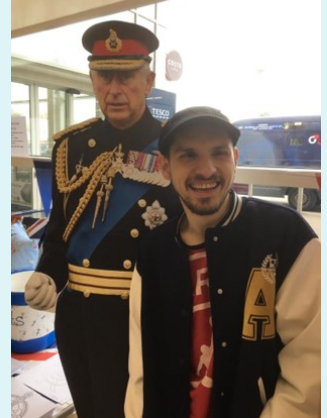


## HAVING FUN FOR THE CORONATION



Out and about  
and baking cakes



In The Loop







## **DEREHAM & DISTRICT GATEWAY CLUB** **Coronation Crafts, Celebration & Cake**



**Bunting made by the club and given to  
The Meeting Point for their celebrations.**





# **SUMMER BARBECUE**

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

**Saturday 8th July 2023, 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 available from Monday 5th June**

Please phone or email Sarah for tickets at:

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

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



Payments will be taken by BACS again.

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





This year, during Learning Disability Week, Mencap want to show the world the incredible things that people with a learning disability achieve, smashing misconceptions about what people can do and shining a light on the stigma many still face every day. It's all about making sure the world hears what life is like if you have a learning disability.

This year, we want people to help bust myths about living life with a learning disability. Busting a myth means showing why an idea about something is not true. For example, you could bust a myth to

show people with a learning disability can get a job, have a relationship and learn new things. Can you help bust a myth this year?

Anyone can be a bust a myth, this year 21 year old Ellie Goldstein achieved her lifelong dream and smashed boundaries as the first British Vogue cover model with Down's Syndrome, appearing in the May 2023 issue which focused on 19 disabled people from the worlds of fashion, sport and the arts.



She's not fulfilled all of her dreams and, looking to the future, she wants to walk down the runway at New York Fashion Week and she hopes to see more people with disabilities modelling, to "represent people out there, to be more inclusive". "I feel lucky to be seen as a role model," she said, "I want to show you can achieve anything if you really want to – never give up on your hopes, dreams and aspirations. My disability never stops me."



Ellie has also been chosen as the UK ambassador for an inclusive Barbie doll based on a person with Down's Syndrome. She shared a powerful message saying "When I saw the doll, I felt so emotional and proud, it means a lot to me that children will be able to play with the doll and learn that everyone is different. I am proud that Barbie chose me to show the dolls to the world. Diversity is important as people need to see more people like me out there in the world and not be hidden away. Barbie will help make this happen".

The new Barbie doll came about in collaboration with the National Down Syndrome Society (NDSS) in the US, who advised on how to "accurately represent a person with Down's syndrome" and "celebrate the Down's Syndrome community – through the Barbie's clothing, accessories and packaging". The new Barbie will have "a rounder shape, smaller ears, and a flat nasal bridge, while the eyes are almond-shaped" said toymaker Mattel. "The doll's palms even include a single line, a characteristic often associated with those with Down's syndrome". This Barbie serves as a reminder that we should never underestimate the power of representation. It is a huge step forward for inclusion. The unveiling of the doll comes amid Barbie mania ahead of the release of the forthcoming "biopic", starring Margot Robbie as Barbie and Ryan Gosling as Ken.



**WHAT IS YOUR DREAM?**

## NORFOLK SEND SURVEY 2023



Children and young people with SEND, their families and the professionals who work with them, are being asked to share their views and experiences. The survey has been put together by Norfolk County Council working in partnership with parents, parent carer groups, and a range of professionals for the second year running. Information from last year's survey has been shared widely and used to make a number of improvements.

This can be found on the Norfolk SEND Local Offer website at:

[www.norfolk.gov.uk/children-and-families/send-local-offer](http://www.norfolk.gov.uk/children-and-families/send-local-offer)

Click on "About the SEND Local Offer"

This year's survey has been designed to be as easy as possible to complete. It can be completed anonymously and should only take around 15 minutes. It is divided into three separate sets of questions for each of these groups: Children & Young People 8 to 25, Parents & Carers and Professionals.

The survey aims to give everyone the chance to be heard on the issues which matter most to them. Norfolk County Council are particularly keen to hear from more children and young people this year. The information gathered will once again be used to help improve services and support in Norfolk this year and beyond. **It is open until Friday 30th June.**

We share the findings with education, health and social care services and support organisations in Norfolk.



## NORFOLK LEARNING DISABILITY PARTNERSHIP

[www.norfolkldpartnership.org.uk](http://www.norfolkldpartnership.org.uk)

As part of helping to think about what a new Learning Disability Strategy might look like, the NLDP think it would be helpful to look back over April 2018 – April 2023 and consider where they have got to so far, what they have achieved and some of the difficulties. They would then like to work together to think about what they need to build on moving forward. They hope to have information to share with you at the Locality group meetings as part of gathering your thoughts and ideas for the new Learning Disability Strategy.

**Topic:** Looking at the past Learning Disability Strategy

**Speaker:** Amanda Johnson (Business Lead – Promoting independence, Adult Services)

### North Norfolk Locality Meeting

**Venue:**

About With Friends  
22c Holt Road  
Cromer NR27 9JW

**Next meeting:**

Thur 22nd June, 11am to 12.30pm

### South Norfolk Locality Meeting

**Venue:**

Watton Sports and Social Club  
69 Dereham Road  
Watton IP25 6EZ

**Next meeting:**

Wed 5th July, 11am to 12.30pm





**NO LIMITS**  
INCLUSIVE DANCE & CREATIVE ARTS  
FOR ALL DISABILITIES & SPECIAL EDUCATIONAL NEEDS

## INCLUSIVE DANCE CLASS

FOR ALL AGES & ABILITIES

Dance Routines • Movement Games • Drama Activities  
Emotional Regulation • Sensory Integration  
Communication Support • BSL • Developing Skills  
Performance Opportunities • All Dance Genre's  
Flourish in the Spotlight

THURSDAYS • 6:30pm - 7:30pm  
SPROWSTON METHODIST CHURCH  
COME AND JOIN OUR  
WONDERFUL DANCE COMMUNITY!



**BOOK YOUR SPACE NOW!**  
£8 each class or £80 a term  
Contact Lauren Rackham for more information.  
07557382133 • nolimitsnorfolk@gmail.com




**Starts 21st April 2023**



**NO LIMITS**  
INCLUSIVE DANCE & CREATIVE ARTS  
FOR ALL DISABILITIES & SPECIAL EDUCATIONAL NEEDS

## PARENTS, CARERS & FRIENDS

WELLBEING DANCE & SOCIAL CLASS

A low intensity dance class for all parents, friends and carers to gather together and have lots of fun! Learn dance routines from all genre's within a supportive and happy community. No dance experience required, this class is purely for wellbeing and friendships! Free refreshments, cakes and biscuits available!

**FRIDAYS 12PM - 1PM • £8 per class**  
**REFRESHMENTS FROM 11:30AM - 1:30PM**

**Greenfields Community Centre, Ives Road.**  
Contact Lauren Rackham to sign up or for more information.  
07557382133 • nolimitsnorfolk@gmail.com




**NO LIMITS**  
INCLUSIVE DANCE & CREATIVE ARTS  
FOR ALL DISABILITIES & SPECIAL EDUCATIONAL NEEDS




## Signing Choir!

Tuesdays • 6:30 - 7:30pm • Sprowston Methodist Church  
£8 each class or £80 term fee • Build friendships  
Refreshments available for all • Learn classic favourites  
Expand your knowledge • Come and join our community!

**Contact Lauren Rackham**  
**To book or for more information.**  
07557382133 • nolimitsnorfolk@gmail.com



**CARE FOR CARERS**  
Carers Group Support Association  
TOGETHER WE ARE STRONG



## "Carers Information Day"

Organised by Care for Carers  
with  
Norfolk and Suffolk NHS Foundation Trust  
at

### The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

**Monday 5<sup>th</sup> June - 9.00am till 3.00pm**

Come along, meet people who offer,  
Help, Information, and Advice for:  
Carers, Young Carers, Ex-Carers,  
Older People and the Lonely.

\*\*\*\*\*

For more information call:  
Care for Carers - 0300 777 8880  
or  
Email: [info@careforcarers.org.uk](mailto:info@careforcarers.org.uk)  
[www.careforcarers.org.uk](http://www.careforcarers.org.uk)

## BANK HOLIDAY CLOSURE

The office and Community Outreach Service will be shut on Monday 29th May, the last bank holiday until August. We will be back open on Tuesday 30th May at 9am.

# REALISE FUTURES

Developing your potential

## REALISE FUTURES

They are one of the largest social enterprises in the East of England, employing around 240 people, 41% of whom have a disability. The company is organised into 3 divisions:

- Learning,
- Coaching & Advice,
- Employment and Realise Futures Works (six distinct social businesses).

They provide professional and tailored opportunities that support people to realise their potential and offer a range of work-based opportunities for people with disabilities and/or disadvantages.

When an individual starts their journey with Realise Futures, they might not know in the first instance what they would like to do. Some may wish to gain work experience, learn new skills or move into a paid job. Others might not be ready for that and will progress at their own pace. Their coaches work with individuals to put together a person-centred plan, together with clear end-goals and learning outcomes.

All placements will gain real work experience in retail and catering – cooking, sales, customer service, waiting tables, teamwork, fulfilment and building on social interaction are a few of the skills individuals can learn onsite. Dependent on individual needs, this ranges from 8 to 12 week work experience trials to enrolling onto their up to 2-year programme, where at the end individuals could be in a position to progress further and seek paid employment.

Tucked away in Melton, you will find one of Suffolk's hidden gems; Poppy's Pantry. This is a wholefoods shop with a difference. Not only do they work hard to bring their customers the latest in vegan, dietary specialist and plastic free products, they also support adults with a learning disability to develop their skills and fulfil their potential.



Part of Realise Futures

**For more information, see their website: <https://www.realisefutures.org>**

Email: [info@realisefutures.org](mailto:info@realisefutures.org) Telephone: 01473 242500

Address: Realise Futures, Lovetofts Drive, Ipswich IP1 5NZ

### Sixteen Sonnets for Care



Martin Figura

Norfolk County Council have published ***Sixteen Sonnets for Care***. These poems were commissioned jointly by Norfolk County Council Adult Social Services and Skills for Care.

The book was specially written by Norfolk-based poet Martin Figura. The sonnets recognise the vital contribution that care workers provided throughout one of the most challenging periods of Britain's recent history. At the book launch, Martin was among care workers and others to present a series of powerful and poignant readings paying tribute to this key sector of the workforce.

The book is accompanied by a video that can be found on YouTube at:

<https://www.youtube.com/watch?v=VNZ9dxn1RQw>

On this video, Dotty and James, who both work in care in Norfolk, read three sonnets taken from the book, demonstrating the crucial role the care sector played in dealing with the crisis.

## DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED

Fridays, 7pm to 9pm

£2 entry (plus money for tuck & raffle)



### NEXT MEETINGS DATES:

9th, 16th, 23rd & 30th June

7th, 14th & 21st July

Then a break for summer,

back on 8th September

See page 2 for photos from recent meetings.

## STEPPING OUT CLUB



New members  
are always welcome.

We meet at Mid Norfolk Mencap,  
1a Tavern Lane, Dereham NR19 1PX  
on the first & third Thursday of each  
month.

7.30pm to 9pm

£2 entry fee (plus money for tuck)

### THE NEXT MEETING DATES ARE:

1st & 15th June

6th & 20th July

3rd & 17th August

PLEASE LET US HAVE ANY SUGGESTIONS FOR ITEMS FOR *IN THE LOOP*.  
WE'RE ALWAYS KEEN TO HEAR FROM OUR MEMBERS.



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)