

In The Loop



June
2020
Issue



Firstly, I am hoping you are all safe and well. These are some extraordinary times that we are living through, which I am sure that none of us will ever forget. The 24th March will certainly be a day that we at Mid Norfolk Mencap will not forget in a hurry, lockdown was upon us and it was no longer viable to work in our Tavern Lane Office. So off we all went to our homes laden with computers, paperwork and telephones, and at home we remain, working to ensure Mid Norfolk Mencap runs as smoothly as it can during this time. There was much sadness when clubs and groups and the Community Outreach Service had to come to a temporary close, but doing this with the knowledge it was for everyone's safety, and that we will be back doing what we do best, made it all the more important to do the right thing. I offer my heartfelt thanks and applaud the dedication and resilience of our amazing residential staff team, who are actively ensuring that the residents of Merle Boddy House are living safe and fulfilled lives during a time that has seen great changes to their routines and daily living. I must also offer my thanks to Debbie, Lorna, Clare and Anya who are busy working from home, and of course my thanks to the Trustees for their continuous support.

As the lockdown is now easing in very tentative measures, Mid Norfolk Mencap is keeping a watchful eye on how this will affect its staff, members and services. I cannot tell you how much we miss seeing our service users, volunteers and friends but at present our priority is to keep everyone safe and well so that we can return stronger and more determined than ever.

We will communicate any changes within the organisation via future In The Loops, our website and our facebook page. You can also email us or call us on 01362 693013, even if it's just for a chat! Please remember we are here to support you.

Stay safe and well, and I hope to see you in the not so distant future.

Jon Rose

General Manager





Wonderful news.....After receiving a substantial money donation, we are pleased to announce the launch of the **Presidents Fund**. The money received from the donation will be put into the fund and used to benefit many aspects of our organisation.

A proportion of the money will go into the Friends of Merle Body House's fund. Money will also be allocated to other areas of our organisation's 'wish list' of activities.



We are so deeply grateful for the donation and the support. The money will give our organisation joy and strength by gifting many of our projects for supporting vulnerable people with learning difficulties a boost with expenditure over and above the normal budgets when needed.

This financial support helps us continue in our mission to support vulnerable people in our organisation. We can only hope that this fund will be added to over time.



WELCOME TO MID NORFOLK MENCAP

Hello everyone, I'm Clare Stiles the New Deputy Manager for the Community Outreach Services. I thought you might like to know a bit about me, so here you go:

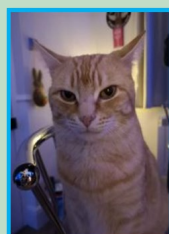
I moved from Kent to a very rural village in South Norfolk in 2013, where I live with my husband Mark, my 2 cats Cookie and Obi and my very fluffy guinea pig called Barney

I'm a keen gardener and love to grow fruit and veg, as well as filling the garden with beautiful flowers. I love swimming, DIY, arts and crafts, and enjoy making novelty cakes. Music is also a passion and I enjoy all kinds of music from heavy metal to opera! When I'm not making cakes or listening to music or gardening, I love car and bike rally's and all things painted and shiny!!!

During my working career, I spent 25 years in the Market Research Industry, before being made redundant in 2014. I then started working for the Alzheimer's Society creating Dementia Friendly areas across Norfolk and went on to join Independence Matters.

I was so excited to be given the opportunity to work for Mencap, and I'm really looking forward to getting out of 'lockdown' and meeting everybody.

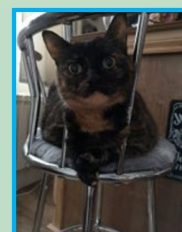
Clare



Obi



Barney



Cookie

THANK YOU....

As we all know, the Coronavirus has swept its way around the world, tragically affecting many thousands of people in all countries including Britain with many deaths but also hope for those who have recovered from this pandemic.

The shortage of PPE (personal Protective Equipment) throughout our country has meant that many residential homes have been affected and have found it very difficult to obtain sufficient PPE protection for their residents and staff. But at the end of a tunnel there is always a light and we would love to say a huge, life changing thank you to a company, Blakeley Clothing Company in Melton Constable, whose Chief Executive Officer Gareth Newman along with his staff, decided that they would donate facial visors to our own residential home Merle Boddy House in Dereham after a visit they made there in recent weeks. They should be very proud of themselves!



Their gift of these face visors meant so much to our staff, who care for all our residents. The visors have made such a difference, in helping to keep most importantly, our residents and staff carers safe in these difficult times.

I am sure all our readers will unquestionably join in along with us here at Mid Norfolk Mencap in saying a mighty, Humongous, 'Thank you' to Gareth and his staff for their thoughtfulness, kindness and such generosity.



We must also include another company, Kettle Chips UK , who also made a very welcome donation of an enormous box of their Kettle Chips, for the residents of Merle Boddy House. The crisps are definitely doing their job, brightening up the days for the residents and most importantly filling their tummies.

It is truly comforting, to think that in these testing times, the human race comes together and unites positively in a totally unique way, especially when life seems to be '*difficult at the moment*'.

To both companies, we again thank you for your support.

It is very much appreciated.

We applaud 'YOU' willingly.

Word Search

All Things Mid Norfolk Mencap

T	M	U	M	K	E	N	T	H	B	S	U	L	C
L	A	S	M	L	T	H	E	H	U	B	E	A	M
U	L	R	B	O	O	N	L	B	N	M	V	U	O
O	E	E	C	F	M	S	E	U	N	U	T	G	O
L	T	T	O	R	E	G	V	B	E	S	T	H	R
L	R	U	M	O	C	N	I	B	H	I	R	T	Y
A	U	P	M	N	O	I	S	L	A	C	A	E	R
B	S	M	U	H	O	T	I	E	P	E	D	R	O
R	T	O	N	T	K	E	O	S	P	Y	I	L	S
E	E	C	I	R	I	E	N	O	Y	R	O	Y	N
M	E	E	T	O	N	M	P	A	R	T	Y	F	E
M	S	E	Y	N	G	N	E	S	T	A	F	F	S
U	N	L	U	P	L	A	Y	S	C	H	E	M	E
S	T	A	V	E	R	N	L	A	N	E	N	U	F

COMMUNITY
PLAYSCHEME
NORTH NORFOLK
COMPUTERS
MEETINGS
TRUSTEES
THE HUB
SUMMER BALL
SENSORY ROOM
FUN
TELEVISION
STAFF
RADIO
TAVERN LANE
BUBBLES
LAUGHTER
PARTY
COOKING
MUSIC
HAPPY



Mini Letter Suduko

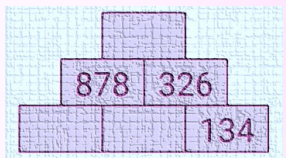
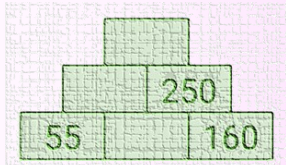
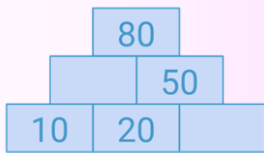
Every row, column and mini-grid of 4 squares must contain the letters

GOAL

G			
A			
			G
			O

Number Pyramids below

In a number pyramid, numbers next to each other are added together to make the number above it. Can you work out what the missing numbers are?

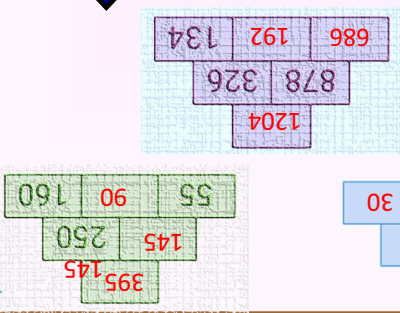


Shape Suduku

Fill the grid with the 4 shapes in such that each shape is only used once in each row,

			△
	□		☆
☆		△	□
□	△		○

Answers



Answers at bottom of page

Spot the differences in this sea picture. How many can you see?



Mini Shape Suduku solution

Mini letter Suduku solution

○	★	▽	□
□	▽	●	☆
☆	●	□	▽
▽	■	★	●

The Top

O	A	G	L
G	L	A	O
L	G	O	A
A	O	L	G



**Norfolk Learning
Disability Services
Southern Locality Group
Meeting**

Cancelled till further notice

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



**Norfolk Learning
Disability Services
Northern Locality Group
Meeting**

TBC Still

9th June 2020

Meeting: 9.45—12MD

**Note: Change of meeting
venue— Now at
The Bayfield Centre
Kelling Hospital,
Old Cromer Road,
High Kelling, NR25 6QA**

Sad News.....

All of us here at Mid Norfolk Mencap are so sorry to hear of the death of a wonderful former colleague, Cherie Steptoe. Cherie was a former manager of Merle Boddy House many years ago and was tragically taken before her time by the Coronavirus a devastating pandemic occurring worldwide, on the 28th April 2020. Shockingly, her husband also succumbed to Coronavirus (Covid19) and passed away on 18th April 2020.

Our Deepest sympathies go out to both sides of the families of Cherie and her husband,

North Norfolk Summer Ball

Unfortunately the North Norfolk Summer Ball which was due to take place on 6th June 2020

at North Walsham

has now been cancelled due to the Coronavirus (Covid 19) pandemic.





Our Family at
Merle Boddy
House



Our Family at Merle Boddy House have been busy during Lockdown carrying out many activities, gardening, sanding garden benches, making Easter cards, having an Easter egg decorating competition, cleaning up the garden, bowling and decorating wooden windmills just to mention a few. Well Done to them all.



Saturday Clubs–June

Due to the Coronavirus, all meetings of the Saturday Club are cancelled until further notice. We will keep you updated and informed of the situation in the coming weeks

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 at Tavern Lane, in Dereham



Family Carer Meetings



The next Family Carers meeting is on

Due to the Corona Virus all future meetings are cancelled until further notice. We will constantly be reviewing the situation and will keep you updated on this.

Please join us between 10.30am—12.30pm at Dereham Memorial

Please note that all meeting dates for 2020 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



Unfortunately, due to the Coronavirus

We have cancelled both the Cromer and Dereham Drop IN sessions until further notice.

We will constantly be reviewing the situation and will keep you posted as to when the sessions will re-commence in the upcoming weeks.

Drop In's

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 cancelled due to Covid19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting held at
Church House
Church Street
Dereham

7.30—9.00pm

£1 Entry Fee

Gateway Club

All meetings of the Gateway Club are cancelled Due to Covid 19.

We will keep you updated and informed of the situation in the coming weeks .

Dereham Community Hub
Independence Matters
Rash's Green
Dereham

7.00—9.00pm

£1 Entry Fee