



I am taking the opportunity to introduce myself, my name is Nooreed Foyjun, please do call me Reed.

I started working with Mid Norfolk Mencap on the 29<sup>th</sup> January 2018 as the Community Outreach co-ordinator, based at 1a Tavern Lane, Dereham Norfolk.

I have been working with people with learning disabilities and mental health problems since 2005 and I have achieved various qualifications during this time. Some of the experiences that I have gained will, I hope be a great asset to the organisation and it will benefit our clients and the team members.

I look forward to meeting all the staff/clients soon.

Nooreed Foyjun



### 100 Club

Don't forget in April, we will be renewing our 100 Club raffle.

Sign up for our monthly draw for a chance to win prizes of £15, £10, or £5. Just imagine opening a letter with a cheque inside for up to £15.

The yearly cost is £12.00 and an application form can be obtained from the Mid Norfolk Mencap office.



### Office Closure

The Mid Norfolk Mencap Office will be closed on Good Friday 30th March 2018 including the weekend and Easter Monday.

We will re-open on Tuesday 3rd April 2018. The Drop-In will take place as usual on Tuesday 3rd April.





## Arts and Crafts Holiday Club —Easter—



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on Tuesday 10th and Wednesday 11th April, between 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](mailto:info@midnorfolkmenca.org)



Norfolk Learning  
Disability Services  
Southern Locality Group Meeting

3rd May 2018  
10.30am-1.00pm



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



Norfolk Learning  
Disability Services  
Northern Locality Group Meeting  
10.00am start

**T.B.C.**

Friendship Hall,  
Mill Road,  
Aylsham, Norfolk  
NR11 6DS

## Saturday Clubs—March



**Swaffham - On 3rd March – Making Easter nest cakes and working on Easter cards and Easter bonnets.**



**Dereham - On 17th March – St. Patrick's cake decorating and working on Easter Bonnets.**

**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.**



## Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 1pm– 3pm and will cost £15 per session.



**If you would like to attend the music sessions please contact Sallie on 01603 766690**



## Family Carer Meetings



The next Family Carers meeting is on



**Wednesday 14th March 2018**

**Please note: On the 11th April meeting we will be visited by Fai Du Main and Malcolm Smith from the Southern Locality with the opportunity to speak to them on family issues.**

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 2018 can be found on our website: [www.midnorfolk Mencap.org](http://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](mailto:info@midnorfolk Mencap.org)  
Website: [www.midnorfolk Mencap.org](http://www.midnorfolk Mencap.org)

**Drop In's**

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



**Gateway Club**

7th March— Music Club

14th March—Marco Cartoons

21st March— Elvis

28th March— Easter Disco

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

£1 Entry Fee



**Stepping Out Club**

5th March— Mothers Day Gifts

12th March—No meeting

19th March—Music Quiz

6th March—Easter Activity

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

£1 Entry Fee