



Pat & Lesley

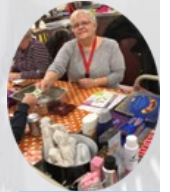
We thought, it might be of interest to our readers when space permits in our monthly editions, to look behind the scenes of the various clubs and Drop in sessions we run here at Mid Norfolk Mencap.

This month we take a little peep at the Gateway Club in Dereham, to see what has to happen in order to run /bring the club together each week. Most people just attend and don't realise what the leaders and volunteers take on during the year, what they need to organise, who is involved, what goods have to be purchased/obtained, what rules you have to follow, how you plan the years itinerary, and how you choose the various activities and what training needs to be undertaken. We hope you will find the article informative, especially when discovering what goes into organising the clubs, and what hard work is collectively carried out by our volunteers to run the clubs seamlessly each week.



Chrissie

Lesley Wells as Gateway Leader has many roles within the Gateway club, for example **just to mention a few**, arranging meetings with other volunteers to plan each new terms programme, texting and emailing various people in order to provide a balanced and varied calendar of entertainment for members, along with arranging other more expensive outings e.g. Fish & chips at Wells. Leslie also writes the club letters for members sending them to the Mencap Office to be printed first. Another task for her is buying supplies for the canteen weekly, with other volunteers buying the raffle prizes and birthday cards and dealing with any monies to be collected in or paid out each session, whilst also overseeing the opening and locking up of the hall. Lesley along with her team of volunteers are all very talented, busy people. Here are just a few of the other volunteer job roles covered in Gateway.



Christine



Jenny & Pauline

Lesley and the volunteer team arrive at 6.30 to get the room ready setting up the raffle, sound equipment and the canteen. Lesley Wells and Pat Grout then sit at the front desk by 7pm ready to welcome members and sign them in answering any queries, whilst handing out any forms and letters, and collecting in any forms and money for trips.

The other Volunteers take up their place during the evening to help with other areas. Chrissie Woods takes time out in her busy week to do the raffle shopping. Whilst Christine Batson sells the raffle tickets with a smile and Stephen Roberts, who is a member enjoys the job of calling out the raffle each week. Jenny and Pauline serve the tuck shop. Richard Grout is the D.J and sound man. Some members will hand Richard their CD's and ask him to play various tracks. Sandra Thomas buys the birthday cards, writing the months birthdays out, then passes these on to Lesley to hand out. Sandra Yeoman, runs tombola's throughout the year, raising money, and very generously donates the prizes for these herself. Without the volunteers, Gateway, would not take place. These people are very special.



Richard



Sandra Thomas

Well done to all of them.



Sandra Yeoman



**Do you like helping people?' 'Do you have a caring nature?'
'Are you reliable and friendly?'**

We have full and part time positions open within our support worker staff team, we also need bank staff too.

Mid Norfolk Mencap is a residential and Community Outreach care service in Dereham and in the surrounding area. We provide a range of care and support services for people with learning disabilities.

Our main priority for this job role is to find people with the right values, behaviours and attitudes that match our own! We're seeking to recruit some great new support workers; people with the right values and behaviours, willing to support and encourage people with learning disabilities and to promote their independence and equality in life. Could this be you? The right applicant will be supported to learn the necessary skills to treat the people we support with compassion and respect whilst recognizing you as an individual and as a member of our team.

The duties are varied, and no two days will be the same. Our residents and Outreach service users are all individuals, however, as a general guide, duties may include some support with personal care needs, as well as help to take part in a wide range of special interests and activities that support their health and wellbeing such as arts and crafts, watching the footie, drama, musical evenings, gardening, shopping trips and social occasions.

Interested? To find out more, please Contact
Lorna or Anya on 01362 693013.





We are excited to announce an upcoming fun event which will be taking place at the Peter Beales Garden Centre on the evening of the 29th June 2019.

Peter Beales roses are renowned around the world for specialising in the preservation of old fashioned rare roses, there being 1,100 different varieties.

The Peter Beales Garden Centre is one of the world's leaders regarding classic roses, and takes great pride in being a gold medal winner at the RHS Chelsea flower show.

Visiting the gardens gives you the chance to see the rare roses growing alongside other complimentary plants. The staff are a mind of information especially in their useful 'container and small garden' workshops and gardening clubs they run.



There will be More details of this event in next months edition of the Loop.

Watch this space

YOU'RE INVITED TO A MOVIE

Cinema nights are coming to Tavern Lane on Fridays once a month.

Our Third film is on

Friday 29th March 2019 18.45—21.00

Doors open at 18.45

Watch a film, munch popcorn and eat hot, chip shop chips,

All provided for the grand price of £5.

Pay at the door on the night

Don't forget to Bring extra money for drinks.

Tea, Coffee or Squash, available.

Sit back, relax and enjoy the film.

Each month, a film will be chosen by the attendees for the following months screening.



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.

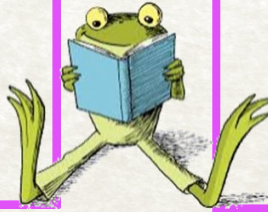
The yearly cost is £12.00 and an application form can be obtained from the Mid Norfolk Mencap office.



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

**14th March
10.30am-1.00pm**

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



**Norfolk Learning
Disability Services
Northern Locality Group**

**TBA 2019
Meeting: 2—5pm**

**Note: Change of meeting
venue— Now at
Youngs Park, Woodgate Way,
Aylsham NR11 6UJ**

Community Support News



Meet Pam, a happy, bubbly, go lucky lady who is supported by Mid Norfolk Mencap once a week. Pam is very sociable and always seems to meet someone she knows when out and about.

Pam has a great love of animals and loves to visit zoos, Sea Life Centres, and coastal museums where she is in her happiest looking around and talking nonstop to her carers about the day's activities.



Pam thoroughly enjoys visiting Redwings Horse Sanctuary in Aylsham Norfolk, and particularly enjoys seeing the new arrivals especially if they happen to be Shetland ponies. Pam takes great pleasure in buying ginger biscuits for them as a treat.

Lucky ponies! Her love of animals often spills over to other areas in her life, watching different animal programmes on television for example and spending time at home relaxing with her pet dog Sylvia.

Pam also likes to be active when possible, enjoying gentle walks usually when at the coast with trips to Cromer Pier.

Visiting the shops in and around the Norwich area looking for bargains is another of Pam's pleasures. Pam enjoys visiting different places for teas, and Mc Donald's for a special treat.

Pam completed a sponsored swim in the summer at Splash in Sheringham, raising money for her charity. Pam just can't wait for the wave machine there to start up every half hour, loving the gentle waves the machine produces.



Pam also enjoys crafting, and spends her time at the Drop-in sessions at Tavern Lane, usually making hairbands or bracelets. Pam's favourite times for crafting are Easter, Halloween and Christmas.

Pam also attends the Dereham Gateway Club each week where she has sung and danced with Elvis and played her violin there on special nights in the year. What a busy lady you are Pam.



North Norfolk May Ball 4th May 2019

*North Walsham Community Centre
New Road, North Walsham NR28 9DE*

From 6.30 - 10.30pm

Come and dance the night away

£7 members & £7 Carers

This includes Dance & Buffet

Cheques made payable to Mid Norfolk Menap



Family Voice Conference 2019

A conference will be taking place on
Saturday March 16th 2019 10.am -3.30pm
at the John Innes Conference Centre, Norwich, NR4 7UH,
organised by The 'Family Voice', Norfolk' Organisation.



These are a collective of parents and carers of children, who are working to improve services for parents and carers of children 0 – 25 years with special Educational Needs and/ or Disabilities. This is a wonderful event for all Norfolk parent carers and families of children and young people with Special Educational Needs and Disability. There will be guest speakers, workshops, the chance to book a slot to speak to professionals (subject to availability), information stalls, support groups, in fact everything in all matters of SEND.

It is entirely free to attend, there are free and extensive on-site parking facilities, lunch is provided and the opportunity to find out lots about services, that are SEND-related. The support is great. Come along and participate in the informative workshops and browse more than 30 information stands which are an important part of the conference.



Saturday Clubs– March

Swaffham - 2nd March— St Patrick's Day themed craft

Dereham - 16th March— Irish themed cooking & Crafting

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.



Family Carer Meetings

The next Family Carers meeting is on

Wednesday 10th April

Please meet in the Garden Room at the Memorial Hall for this month only

Please note there is no meeting in March



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 2019 can be found on our website: www.midnorfolkmenca.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@midnorfolkmenca.org
Website: www.midnorfolkmenca.org

Dereham

Tuesdays and Fridays

10.00am—2.00pm

1a Tavern lane,

Dereham

NR19 1PX

£4.00 entry fee

Drop In's

Cromer

Thursdays

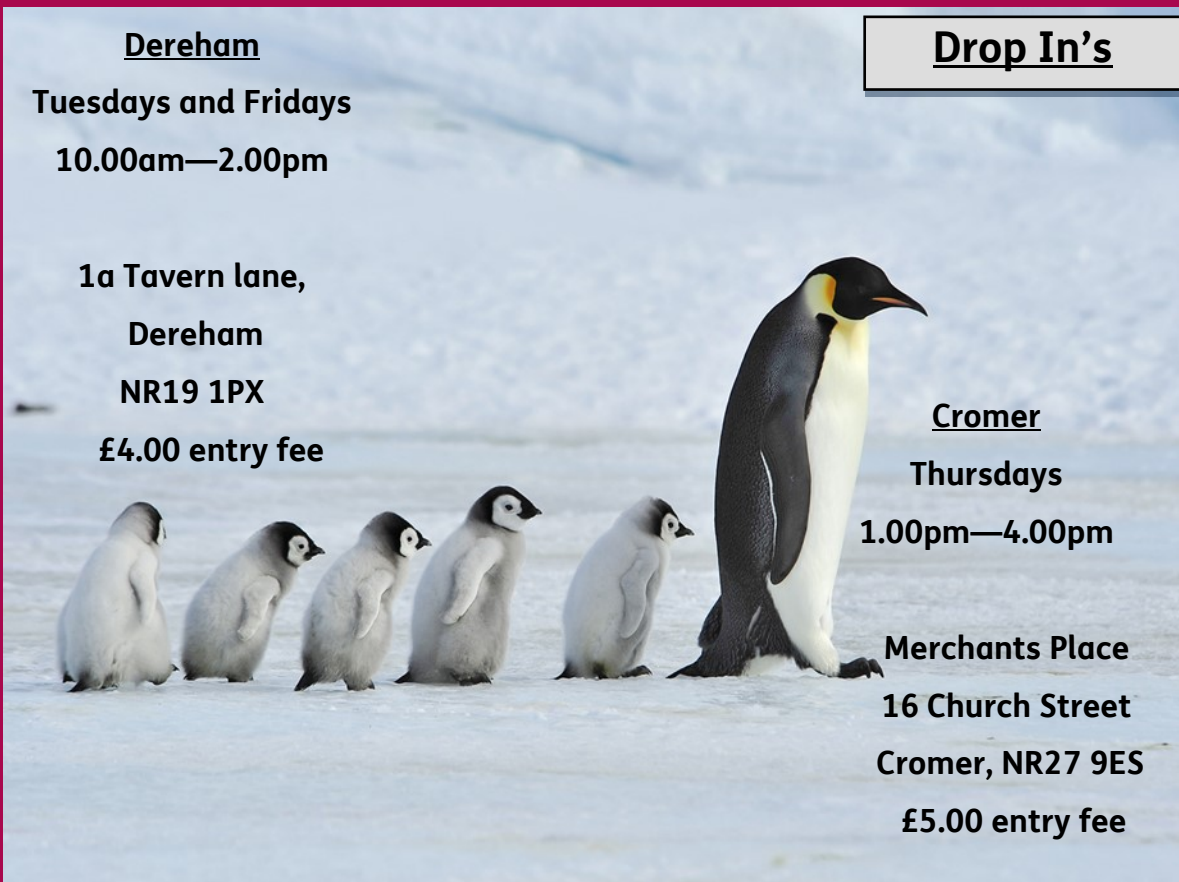
1.00pm—4.00pm

Merchants Place

16 Church Street

Cromer, NR27 9ES

£5.00 entry fee



Stepping Out Club

4th March—Pancake Night

11th March — No Meeting

18th March— Visit to Weatherspoons

25th March—Mothers Day Themed Night

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

£1 Entry Fee



Gateway Club

6th March— Elvis

13th March— Cake Sale & Decorating Cakes

20th March— Music Club

27th March— Karaoke

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

£1 Entry Fee