

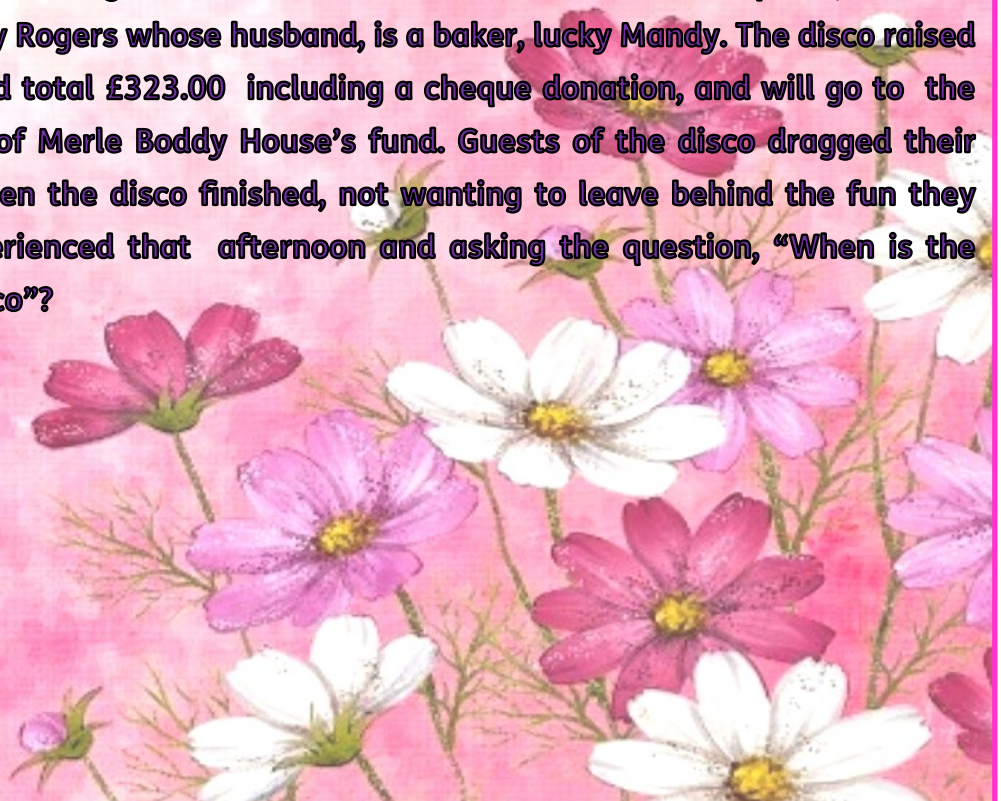


Valentines Disco Success

If you had gone down to the social club in Toftwood on Sunday 9th February, you would have seen a Valentine disco in full swing, music provided by 'Marks Roadshow.'



The Friends of Merle Boddy House had generously arranged for a 'Valentine's' disco to take place for the residents, their families and friends of Merle Boddy House in Dereham. Those who bought tickets were very wise, as they had a wonderful time, dancing the afternoon away, smiling, laughing, and enjoying the disco to the full, with a wonderful dancing exhibition by Tracy and Leslie, dancing to the soundtrack 'Time of my life' from the film Dirty Dancing. The buffet food laid on was delightful and readily eaten. There was a fabulous raffle with terrific prizes to be won on offer, all donated by many supporters of our Charity. Guess the name of the penguin was one, with one family walking away with the winning name of 'Boris'. A cake auction also took place, donated by Mandy Rogers whose husband, is a baker, lucky Mandy. The disco raised the grand total £323.00 including a cheque donation, and will go to the 'Friends of Merle Boddy House's fund. Guests of the disco dragged their heels when the disco finished, not wanting to leave behind the fun they had experienced that afternoon and asking the question, "When is the next disco"?



Horray...Let's Celebrate

We are thrilled to inform all our readers, that we celebrated the opening of the Sensory Room at our Tavern Lane office on Friday 24th January 2020. Our wish was to offer something for the community out there, for people with disabilities to relax and enjoy themselves. The Sensory room does just that.

We were honoured by many prestigious and highly regarded guests attending the ceremony from far and wide. The Mayor of Dereham, Linda Monument, took great pleasure in cutting the red ribbon, and opening the room, and entering through the doorway into a magical world of lights, bubbles, projections and soothing music. Linda was quickly followed into the room, by other people, many of whom have generously contributed to the furnishing of the sensory room through some breathtaking donations and various schemes over this past year. Other service users, along with attendees of the Drop In sessions we run were all keen to see and experience the rooms décor and ambience.

Teas and coffees were on offer, along with a wide choice of cakes and biscuits, the cupcakes decorated with the Mid Norfolk Mencap Emblem were awesome. There was much discussion about the sensory room and further ideas by the guests attending, for the room to grow in diversity and choice, whilst enjoying the refreshments on offer.

The sensory room would not have been possible without the invaluable and precious donations and help from many, many, kind and thoughtful persons and companies in Dereham and further afield. We appreciate every £1 that comes into our Charity, whether it is from an established national chain, from local businesses, our own organisation's fund raising events, or from members of the public. So many donations have been made during the past year, which has enabled us to open the room this year. It is amazing what 'community power' is out there.

For further information or to book the room, you will need to speak to Anya or Lorna on Dereham 01362 693013

info@midnorfolkmenca.org.

We will be pleased to help.



Mayor Linda Monument cutting the ribbon to declare the room open.



Enjoying the sensory equipment.





Family Voice Conference 2020

Free conference for all parents and carers of children and young people (0-25years) with Special Educational Needs and /or Disabilities (SEND)

Each year, Family Voice Norfolk, who are the parent carer forum for Norfolk, hold a Conference where families can find out about all things to do with special educational needs and/or disabilities (SEND).

They are not a support or information service, but communication is key to what they do. They listen to the experiences and wishes of families and make sure that those views are heard by those providing the services, so that they can be part of every stage of planning and decision making. Wherever possible, they aim to work in co-production.

Saturday 14th March 2020

10.00—15.30

John Innes Conference Centre

Norwich NR4 7UH

Increase your knowledge of all things SEND and find out about services for your family.

Over 40 information stands

12 Workshops

Face to Face sessions with professionals

Opportunities to network with other parent carers.

Booking is essential. To book your free place, **simply email**

send@norfolk.gov.uk

with SEND Family Roadshow as the subject with

- ◆ The date you wish to attend
- ◆ Your name
- ◆ Any dietary and accessibility requirements



Norfolk Learning
Disability Services
Southern Locality Group
Meeting

5th March
10.30am-1.00pm

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



Norfolk Learning
Disability Services
Northern Locality Group
Meeting

TBC
Meeting: 2—5pm

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

Office Closures

The Mid Norfolk Mencap Office will be closed on
Good Friday 10th April 2020

including the weekend and Easter Monday

13th April 2020

We will re-open on

Tuesday 14th April 2020.

The Drop-In will be closed on Friday 10th April
and resume as usual on Tuesday 14th April.

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 £15.00 and an
application form can be obtained
from the Mid Norfolk Mencap
office.

Tel: 01362 693013

Yaxham Waters

Mid Norfolk Mencap would personally
like to thank

Yaxham Waters

for once again for organizing and
hosting another fabulous Quiz & Hot
Dog Night' on Friday 21st February 2020
for us.

A wonderful donation of **£373.00**
was raised on the night and
will be put to good use.





North Norfolk

Summer Ball 2020

On

Saturday 6th June

6.30pm to 10pm

At

North Walsham Community Centre

New Road, North Walsham NR28 9DE

Come and Dance the Night Away

£7 members & £7 Carers

Cheques made payable to :

Mid Norfolk Mencap

Tickets available from 24th April



Saturday Clubs– March

Swaffham - Saturday 7th March— Mothers Day crafting

Dereham– Saturday 21st March – Mothers Day 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 at Tavern Lane, in Dereham**

Family Carer Meetings

The next Family Carers meeting is on



Wednesday 11th March 2020



**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 2020 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**

NEWS AND EVENTS

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

2nd March– Games Night
 9th March— No Meeting
 16th March—Mothers Day
 themed night
 23rd March—Music Quiz
 30th March– Meal at Kings Head

Meeting held at Church
 House
 Church Street,
 Dereham

7.30—9.00pm

£1 Entry Fee

Gateway Club

4th March– Bowling
 11th March- Elvis
 18th March- Cake sale & Decorating
 25th March- Music Club

Dereham Community Hub
 Independence Matters,
 Rash’s Green, Dereham

7.00—9.00pm

£1 Entry Fee