

In The Loop



March
2022
Issue



After all the recent storms, summer seems a long way off but our fundraising BBQ is definitely an event to look forward to. Make a note in your diary for **Saturday 9th July 2022.**



Next month, we will be renewing annual memberships to our **100 Club** raffle with the first draw on 20th April.

Enclosed with this issue is the invitation letter and application form.

Sign up for our draw for a chance to win monthly prizes of £15, £10 or £5.

New members are very welcome to join.
Your family and friends can join too.



We are encouraging payment by bank transfer, but you can still pay by cheque.

Contact Sarah on 01362 693013 or sarah@midnorfolkmenacap.org for more information.



MENCAP'S MYTH BUSTERS

Aimed at changing perceptions of people with a learning disability, Mencap has released a film to announce 18 Myth Busters—a group of people who are living life with a learning disability, challenging misconceptions and providing greater representation for the 1.5 million people with a learning disability in the UK.

See for yourselves the fantastic individuals that Mencap have chosen to be their ambassadors and meet the 18 people who want to show the world what living with a learning disability really looks like, challenging stigmas and societal misconceptions.

Have a look at Mencap's new campaign at:

<https://www.mencap.org.uk/mythbusters>

or on You Tube at:

<https://www.youtube.com/watch?v=NaM7c0iMess>

The announcement comes after last year Mencap released statistics which revealed that two thirds of people in the UK cannot correctly identify a learning disability as a reduced intellectual ability. The findings show that 40 per cent of people think it's dyslexia and 28 per cent believed it related to a mental health issue.

The Myth Busters include athletes, activists, business owners, actors, a model, a dancer, a football coach, and many more! A survey by Mencap showed that 42% of people had not seen anyone with a learning disability in the media in the last year. But the Myth Busters are planning to change that as they challenge wrong ideas about learning disability and campaign for change. The Myth Busters are going to make sure everyone knows what people with a learning disability can do!

A myth is an old story. A Myth Buster is someone who shows you that something is not true. They want to show the world what living with a learning disability is really like. So if you want to bust some myths, they would love to hear from you via their website if you want to share your story. Being a Myth Buster means you can tell people about your experiences.



PAYING BY BANK TRANSFER

We know that some charities have recently been informed by their banks that they will be introducing bank charges to charity accounts (for each cheque issued or paid in) that were previously free to operate.

This is not the case for us yet, but in preparation of this inevitable change, we would like to encourage our members to make payments (if possible) by bank transfer for membership fees, 100 club, tickets for events etc. It would then help keep our costs to a minimum if members, who are able to, could use the BACS payment system rather than send cheques.

For information, our bank details to pay by transfer are:

Bank: Barclays Bank plc
 Account Name: Mid Norfolk Mencap
 Account No: 80633852
 Sort code: 20 – 28 – 20



ONE MONTH LEFT FOR YOUR TOKENS!

March is the last month for our Field to Fork Allotment project being one of the chosen Tesco Community Grants initiatives for customers to vote for.



At Dereham's Tesco Extra store until **Thursday 31st March**, you and your friends and family can still vote for us as one of the three groups for this period. You can cast a vote by posting blue tokens in our labelled slot. Every token counts and our container is looking good so far!

Every time you shop at Tesco, you should be given a token at the checkout. If you are not given one automatically, you can ask for one or there are pots of tokens at the packing areas to help yourself to. There are now two collection boxes in the store near the exit and each one has a pot of tokens on it too, so it's really easy to vote for us.

Tesco works with community charity Groundworks to run its community funding scheme, which sees grants of up to £1,500, £1,000 and £500 awarded to local community projects. We are really hoping to get the top grant, and it's looking good at the moment, to help make a difference and support people with learning difficulties to enhance their skills, promote their wellbeing and enjoy the great outdoors by growing and looking after their own produce.

Please spread the word to your friends and family so they choose us, as it would be great to get the highest grant amount for our allotment project.

We will publish some photos of our allotment in Dereham next month. It has been a lot of hard work to clear the site and we have been building a structure for storage and cover. Getting one of the grants will allow us to really move forward with the project.



ACTION IN THE COMMUNITY LAST MONTH



Stephen
birdwatching at
Ranworth Broad.

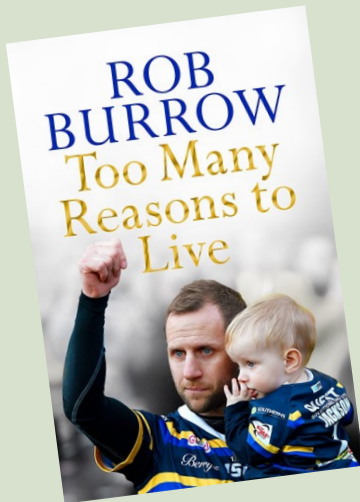
Trevor went up to Saxon Air at Norwich airport to watch the helicopters landing and taking off and then onto the American Library in The Forum, Norwich to look up U.S. warplanes. On another day, he went to look at his favourite Ducatis at Seastar Superbikes, Newton Flotman. He was able to take home lots of brochures to show his friends and family.



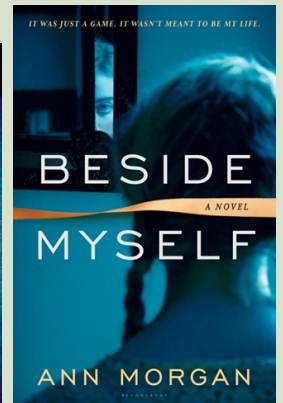
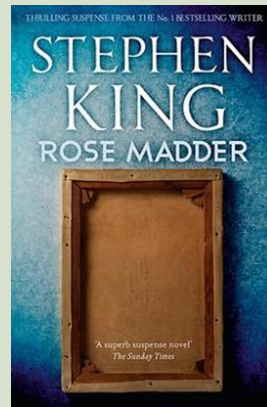
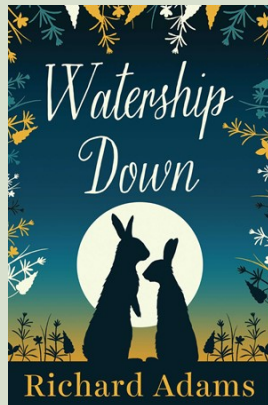
Michael has a love for music and would love to be a DJ. A visit was arranged for him to visit Pirate Studios in Norwich where you can practice and mix with no distractions in their DJ studios. Michael loved the experience. We think we have a budding DJ on our hands!



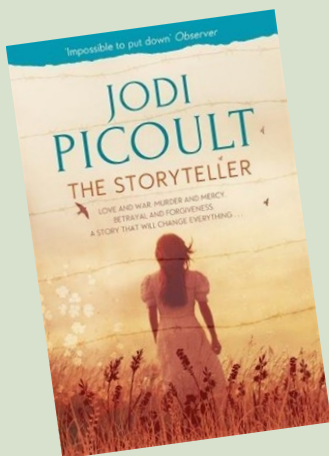
TO CELEBRATE WORLD BOOK DAY THIS MONTH, HERE ARE SOME OF OUR FAVOURITE BOOKS.....



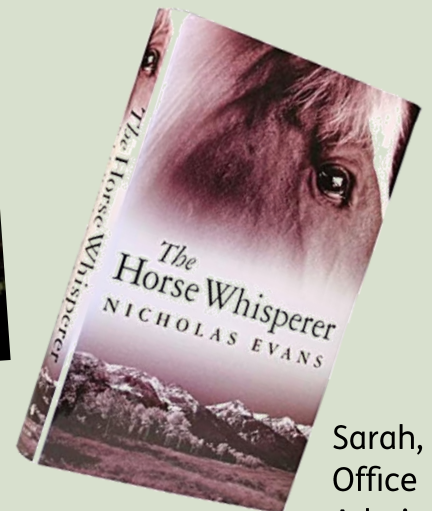
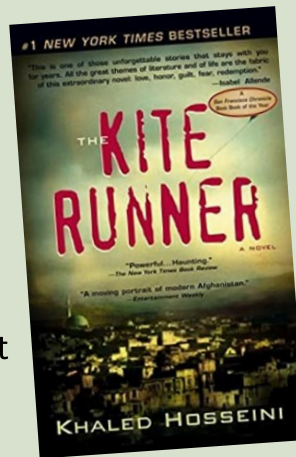
Mel,
Team
Leader



Anya,
Office Manager
(she reads a lot and has 3 favourites!)

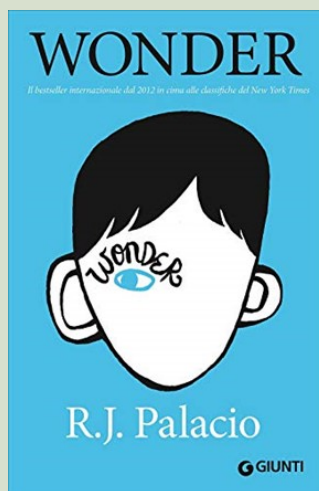


Maria,
Support
Worker

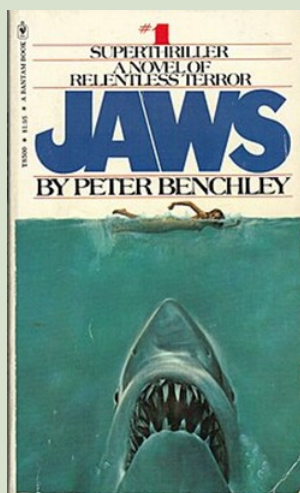


Sarah,
Office
Admin

Jo, Support Worker



Wendy,
Residential
Manager



Les,
Support
Worker



Clare,
Deputy
Manager

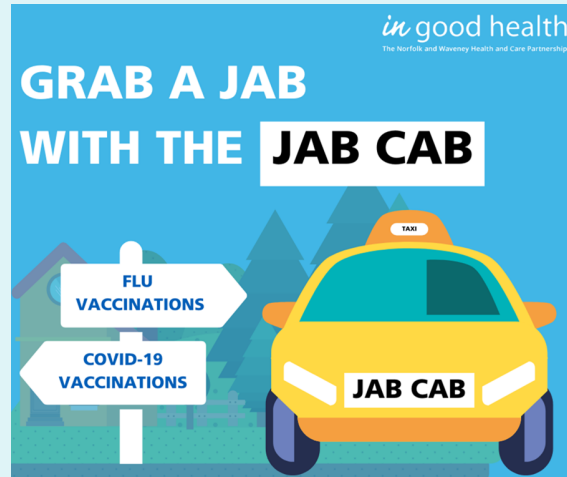
**Have you read any of the books above?
Do you have a favourite book to recommend?**

COVID 19 VACCINATIONS

It's never been quicker or easier to get the Covid vaccinations and/or flu jabs. Norfolk and Waveney CCG, in collaboration with health and care partners, are funding a **Job Cab** service until 31st March 2022.



This service offers residents of Norfolk and Waveney a free taxi cab return journey from any location - whether that's home, work or school - to a vaccination site in order to receive a Covid 19 jab. The service aims to help people who are struggling to get a vaccination dose and encourage as many people to come forward and get protected against severe complications of catching Covid 19.



The Job Cab service is now also available exclusively to staff working in health and social care settings to help them get to their flu vaccination appointments.

In order to claim your free journey, please book your Covid 19 jab online or check which walk-in centre you'd like to visit, then call a participating, local taxi company to you and book your journey. Taxi companies which are taking part in the scheme are listed at:

<https://norfolkandwaveneyccg.nhs.uk/jabcab>



Since its launch in 1988, Red Nose Day has become a much-anticipated date in the calendar. It's the day when people across the land join forces to raise money for brilliant causes in the UK and around the world.

The very first Red Nose Day raised a huge £15 million and last year, a staggering £55 million was raised! Let us know how you celebrate this year and whatever you do, no matter how small, you can help people live free from poverty, violence and discrimination.

Because you have the power to change lives.

CARERS' LOCALITY MEETINGS

Carers Voice meetings take place in five localities across Norfolk each quarter. These meetings are for carers and people working with them to come together and share information about services and support. Zoom meetings took place in February for each locality. Future dates are published on their website at:

<http://www.carersvoice.org/meetings>

Meetings will be on Zoom for the first half of 2022 and they hope to resume face-to-face meetings after then, and continue with the option to still attend remotely online.

For more information or if you are interested in attending a meeting, please email: info@carersvoice.org



SPECIAL CELEBRATION DAYS IN MARCH 2022



1st, Pancake Day (*Shrove Tuesday*)



1st, St. David's Day (*patron saint of Wales*)

3rd, World Book Day



5th, St. Piran's Day (*named after one of the patron saints of Cornwall who is also the patron saint of tin miners*)

8th, International Women's Day



9th, No Smoking Day

17th, St. Patrick's Day (*primary patron saint of Ireland*)



18th, Red Nose Day for Comic Relief



20th, UN International Day of Happiness

21st, World Down Syndrome Day



21st-27th, Shakespeare Week

27th, Mother's Day



WORLD DOWN SYNDROME DAY 2022

World Down Syndrome Day (WDS) is a global awareness day that has been officially observed by the United Nations since 2012. March 21st was selected to signify the uniqueness of the triplication of the chromosome which causes Down syndrome. There are around 40,000 people across the UK who have Down syndrome and they have an extra chromosome (3 copies of chromosome 21 - hence 21/3).

Every year on 21st March, people all around the world come together to celebrate World Down Syndrome Day by wearing brightly coloured, mismatched socks. Socks were chosen because the chromosomes actually look like little mismatched socks!



This year again, posters of brightly coloured socks are being put up in windows across the globe for World Down Syndrome Day. The "**Lots of Socks**" art trail is the idea of Norwich mum, Emma Taylor, whose son Eli has Down syndrome. Every year people come together to raise public awareness about the genetic condition, but because of the Covid restrictions, Emma has organised the trail again.

Her idea came from the Rainbow Trail, where people decorated the front windows of their homes with pictures of rainbows to spread messages of hope and happiness during the first lockdown. The poster showing mismatched pairs of socks can be downloaded from the **Lots of Socks Trail Facebook page**, coloured in and displayed in a window. Already hundreds have printed the poster, from the USA, Canada, France, Italy and right across the UK.

Norwich City Hall, The Assembly House and Blickling Hall will light up in blue and yellow for WDS this year! People use the hashtag #LotsOfSocks on social media to show their support which is a really fun way of raising awareness of World Down Syndrome Day.



Start dates for clubs and drop in sessions will be published here and members notified directly when we have information on re-opening dates:

DROP INS in Dereham and Cromer,

SATURDAY CLUBS in Dereham and Swaffham,

GATEWAY CLUB



FAMILY CARERS MEETINGS

After a break of a few months, the next meeting will be on **Wednesday 20th April**

Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

Dereham Memorial Hall, 62A Norwich Street, Dereham

Hand sanitisers and facemasks will be available at these meetings if needed.

We look forward to welcoming old members back and seeing new faces too.



STEPPING OUT CLUB



Meetings take place at Church House, Church Street, Dereham.

7.30pm — 9.00pm with a £1.50 entry fee.

Their meeting day is Thursdays and future dates are:

Thursdays 3rd and 31st March

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