

LOCAL TREE PLANTING PROJECT

We were honoured to be asked to help with the planting of trees as part of The Wendling Beck Exemplar Project, a pioneering habitat creation, nature restoration and regenerative farming project in the heart of Norfolk.

Along the course of the river, the project seeks to create a diverse range of grassland, woodland and wetland habitats.



We were kindly invited by Tom Cross of Sparrow Green Ltd to spend two days with them last month on their land learning about the project and, more importantly, planting trees.

The wood (to be named after Mid Norfolk Mencap) will consist of 600 oak and ash trees.



We look forward to future visits to check on their growth and seeing our new friends.





The campaign for World Down Syndrome Day 2023 is calling for people and organisations around the world to be

With Us Not For Us

The message of **With Us Not For Us** is key to a human rights-based approach to disability. Down Syndrome International is committed to moving on from the outdated charity model of disability, where people with disability were treated as objects of charity, deserving of pity and relying on others for support. A human rights-based approach views people with disabilities as having the right to be treated fairly and have the same opportunities as everyone else, working **WITH** others to improve their lives.

The United Nations Convention on the Rights of Persons with Disabilities calls for everyone to have the freedom to make their own choices. But people with Down's syndrome often have poor or controlling support. Often their supporters do things **FOR** them, not **WITH** them.

World Down Syndrome Day
21 March 2023



21st March 2023 will mark the 18th anniversary of World Down Syndrome Day, and for the twelfth year in 2023, this day will be officially observed by the United Nations. Each year the voice of people with Down's syndrome and those who live and work with them, grows louder. But there is still so much more we can do.

Down Syndrome International encourages their friends all over the world to choose their own activities and events to help raise awareness of what Down's syndrome is, what it means to have Down's syndrome, and how people with Down's syndrome play a vital role in our lives and communities. The internet is a powerful tool for raising awareness and a single meeting place, where everyone can share their experiences and advertise their activities, is the dedicated website at:

www.worlddownsyndromeday.org

The Down's Syndrome Association in the UK will celebrate working with people who have Down's syndrome to improve their lives where being included means being fully included. **Their Awareness Week is 20th to 26th March 2023.**

Families, communities, churches, clubs, teams, temple, synagogue, workplace, mosque, gym, pub we all love to belong and feel included. Being properly included means being treated fairly and having the same opportunities as everyone else, being supported to make our own choices, and being involved at all levels. Together with Down Syndrome International, they are calling for all people with Down's syndrome to have full participation in decision making about matters relating to or affecting their lives.

You can request an Awareness Week fundraising pack online at:

<https://www.downs-syndrome.org.uk/our-work/campaigning/awareness-week/>

You can also show your support for Down's Syndrome Awareness Week and World Down Syndrome Day by wearing a pair of #LotsOfSocks! These beautiful, colourful socks are a great way to start a conversation, whether at school, at the office or on the bus. Available online at:

<https://www.downs-syndrome.org.uk/product/lots-of-socks-2023/>

Or just wear your own odd socks!!



DAY 2 TREE PLANTING



We would like to thank Tom and his team (Stephen, Glenn, Rory & Tim) for making us all welcome. We all learnt lots, enjoyed meeting their dogs, (Hotdog, Chilli & Pepper), the buggy rides and the refreshments in the new built outside kitchen/bar near the river.





Carers Identity Passport

.....be recognised, valued and respected in your caring role

The Carers Identity Passport has been co-produced by Carers Voice working with carers and staff across the Norfolk and Waveney Integrated System.

The passport will enable carers who have a real understanding of the needs of the person they care for, to feel recognised, valued and respected by staff within healthcare settings and to ensure they get the help and support they require.

The Carers Identity Passport is for all age Carers, including Young Carers and Parent Carers in Norfolk and Waveney.

This Carers Identity Passport is currently recognised within:

- East Coast Community Healthcare
- James Paget University Hospitals
- Queen Elizabeth Hospital King's Lynn
- Norfolk and Norwich University Hospitals
- Norfolk and Suffolk Foundation Trust
- Norfolk Community Health and Care Trust

Visit:

www.carersvoice.org/carers-identity-passport

Please complete the form online, ensuring all information is accurate and up to date.

Carers Voice will then be in contact with you via email to advise you when to expect your Carers Identity Passport. You can request either a digital and/or physical Carers Identity Passport. The digital version is an image you can download on your phone and the physical Carers Identity Passport takes the form of a card and lanyard that can be worn.

Please also consider signing up to become a Carers Voice Member, for FREE!

Email CarersIdentityPassport@carersvoice.org if you have any questions.





SEXUALITY, RELATIONSHIPS & BEING SAFE

Friendships and relationships are a rich and important part of everyone's life and that includes people with a learning disability. We know this can sometimes be an awkward thing to talk about, but people with a learning disability have the same rights as

anyone else and the right to information about gender, sexuality, sexual health and to get good support to express themselves.

To help, Mencap have created an animated video and some resources about gender identity, gender expression, sexuality and celebrating you being you. These can be found at:

<https://www.mencap.org.uk/advice-and-support/relationships-and-sex/relationships-and-sex-resources>

Research from Mencap shows that many people with a learning disability say that relationships are important to them, but only 3% of people with a learning disability live as a couple, compared to 70% of the general adult population. Many people with a learning disability would like to pursue intimate or sexual relationships, but they face multiple barriers to developing such relationships:

- Meeting people is more difficult and social isolation is common.
- People are not receiving adequate relationships and sex education to give them the skills and knowledge to have healthy and fulfilling friendships and relationships, and to understand and explore their own sexuality.
- There is often a lack of privacy which restricts opportunities to explore and understand sexuality.
- The balance between risk and rights for people with a learning disability engaging in intimate or sexual relationships is often biased towards restricting their choices, both within family settings and other living arrangements.

Many people with a learning disability may not have been taught about sexual health, contraception, LGBTQ relationships, legal and emotional aspects of sex. They often do not receive accessible sex education information. Poor knowledge of sex and relationships can lead to people engaging in unsafe sexual practices, and lack of awareness to report sexual abuse.

Learning about friendships, sexuality and relationships is the foundation upon which a person's knowledge and skills for dating and relationships can be developed. This helps to build a person's understanding of the different types of relationships, stages of a relationship, consent and intimacy.

Here at the Tavern Lane office, tests are available for all sexually transmitted infections (STIs) and diseases (STDs) including HIV, together with a range of free condoms and sexual health leaflets.



**Speak to Sarah or Mel for any of the above.
All matters will be dealt with in a private & confidential manner.**

NORFOLK LEARNING DISABILITY PARTNERSHIP



Locality Groups are going to be started up again soon, so people can come to find out what is going on in their local area and talk about the problems they face. Each locality group looks at the issues people with learning disabilities face in their area and those of the families too. The groups report issues to The Learning Disability Partnership Board who then look at ways to try to fix them.

Each locality group is open to the public and can include:

- People with learning disabilities and their families/carers
- People who work at the County Council
- People who provide services for people with learning disabilities
- County Councillors
- People from the local area who want to help

For more information on the locality group meetings, see their website at: www.norfolkldpartnership.org.uk or email: contact@norfolkldpartnership.org.uk

Here are details of the next two meetings:

North Norfolk Locality Meeting
covers Aylsham, Cromer, Holt, North Walsham, Sheringham, Fakenham, Blakeney and Wells-next-the-Sea

Venue:
About With Friends
22c Holt Road
Cromer NR27 9JW

Date:
Monday 6th March 2023
11am to 1pm

South Norfolk Locality Meeting
covers Watton, Thetford, Dereham, Wymondham and surrounding areas.

Venue:
Watton Sports and Social Club
69 Dereham Road
Watton
Thetford IP25 6EZ

Date:
Thursday 6th April 2023
11am to 1pm

The topic at both these meetings will be:
What would you like to see happen in Norfolk over the next 3 years?

You will be able to meet Lucy Adcock, the new Learning Disability Partnership Co-ordinator and she will be asking what you would like to see happen in Norfolk to make the lives of those with Learning Disabilities better.



Next month, we will be renewing our 100 Club raffle for 2023/24. The first draw will be on 12th April.

*Sign up for our raffle draw for a chance to win monthly cheque prizes of £15, £10 or £5.
Three money prizes each month.*

Application forms will be sent out to current members, but we always welcome new members.

*Please contact **Sarah** on **01362 693013** or email sarah@midnorfolkmenca.org for more information.*

WHAT IS THE NATIONAL DAY OF REFLECTION?

This is a day for people to come together to support those who lost loved ones during the pandemic and remember those we have lost.

National Day of Reflection



Experiencing the death of someone we care about can be devastating, and many people are still living with the effects of trauma and loss. That's why the aim of the National Day of Reflection 2023 is to bring people together in their communities and as a nation to be there for each other.

The National Day of Reflection 2023 will fall on **Thursday 23rd March**. It was first celebrated in 2021 to mark the first anniversary of the first lockdown. Lots of different events will take place within communities across the country, including a national minute's silence to remember those who lost their lives.

SPECIAL CELEBRATION DAYS IN MARCH 2023

While here in the UK, we celebrate the usual St. David's Day (on 1st), World Book Day (on 2nd), St. Patrick's Day & Red Nose Day (on 17th) and Mother's Day (on 19th), around the world more unusual days are celebrated:



Toy Soldier Day (on 4th)

International Bagpipe Day (10th)

Fill our Stapler's Day (on 13th)

National Earmuff Day in the US (on 13th)

National Barbie Day in the US (on 16th)

National Waffle Day (in Sweden on 25th)

International Sword Swallower's Day (on 25th)

Reindeer Herders Day (in Russia on 26th)

National Manatee Appreciation Day (on 29th)

Day of the Taco (in Mexico on 31st)

National Bunsen Burner Day (on 31st)

Surprise, surprise, most of the crazy days are in the USA!!



The clocks change on the last Sunday of March, so in the UK at **1am on Sunday 26th March 2023**, the clocks will spring forward by one hour. There may still be a chill in the air but this marks the beginning of British Summer Time.



DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane,
Dereham NR19 1ED

Fridays, 7pm to 9pm £2 entry (plus money for tuck & raffle)

DATES & ACTIVITIES FOR MARCH 2023:



3 rd March	Club Night
10 th March	Music Club
17 th March	Celebrate Red Nose Day
24 th March	Elvis
31 st March	Club Night



COME ALONG AND MEET NEW FRIENDS.

STEPPING OUT CLUB

Meeting at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
on the first & third Thursday of each
month.

7.30pm to 9pm
£2 entry fee (plus money for tuck)

THE NEXT MEETING DATES ARE:

2nd and 16th March
6th and 20th April

New members are always welcome.



Produced by MID NORFOLK MENCAP
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