

WE NEED YOUR HELP!

“Movement for Good” is the Benefact Group’s annual programme of giving, that anyone can get involved in, and again this year they’ll be donating over £1 million to charities and good causes nominated by you.

By visiting www.movementforgood.com you can search for Mid Norfolk Mencap using our charity number 1049364 (we will appear as MID-NORFOLK MENCAP) and nominate us to receive £1,000.

The more nominations we get the better the chances of our name being drawn!

Help Mid Norfolk Mencap by nominating us to receive £1,000!



Well Easter has been and gone and much chocolate has been eaten and probably still is for those who like to savour!!

Congratulations to both Mark and Danny, our Easter competition winners.

Here they are with their Certificates for their wonderfully painted and decorated Easter Bunny



And just to make sure they didn’t run out of chocolate too soon, as well as their Certificate, they got, yes you guessed it, another Easter Egg to add to their collection. Well you can never have too many and they certainly didn’t complain!





A very Happy 70th Birthday to our wonderful Chrissie Woods, who works so hard at our residential home, Merle Boddy House.

Residents celebrated in style with Chrissie at the very lovely Broom Hall Country Hotel on 6th April



Sunday 5th May 2024

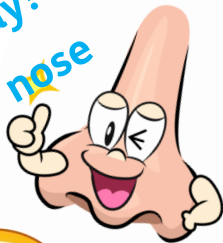


WORLD
Laughter
DAY

“**LIFE
IS BETTER
WHEN
YOU'RE
LAUGHING**”



What do you call a
nose with no body??
Nobody nose



Laughter can improve your emotional and mental health.

Endorphins, otherwise known as feel good hormones contribute to making you feel calm and happy.

They improve your mood and reduce anxiety.

LAUGHout loud
follow your HEART
ENJOY the little things

What do you call a pig
that does karate



A pork chop

15 minutes of laughter equals the benefit of up to 2 hours sleep



SATURDAY 11th MAY 2024

It started as a one-off, but after a great debut and a strong follow-up, the organisers of Dereham Day are hoping for a hat-trick of amazing events.

The event, which celebrates all things Dereham, will return on May 11 2024 and planning is already well underway.

And the Friends of Dereham Memorial Hall, which organises the day, are planning to make the third edition bigger and better than before, expanding the number of organisations taking part from 70 to 100.

Tim Cara, chairman of the friends group, said: "We're delighted that Dereham Day 2023 was so successful, that we've offered to organise another.

"The layout will be extended so we can use the whole of The Fleece Meadow, with more live music, demonstrations and entertainment, as well as the Memorial Hall itself.

"We want to build on the parts which are so popular with Dereham people and add more attractions to make sure that the day appeals to the whole town."

Performance showcases and demonstrations, dogs and alpacas, craft and micro-enterprises, plus special offers in the town, and a fabulous **BIG BAND CONCERT** from Doghouse Big Band in the evening. Join the 1000s !!

IT WAS GREAT LAST YEAR, THIS YEAR'S IS GOING TO BE EVEN BETTER!

LOOK WHAT'S COMING TO TOWN

MONTHLY MAKERS' MARKET WILL BE LAUNCHING IN DEREHAM TOWN CENTRE

We are bringing the very best of Norfolk's food, drink and crafts to you in a monthly Makers' Market

This will take place on the last Saturday of every month from 10am until 3pm, starting on 25th May 2024.

It will be taking place in the outdoor pedestrianised area in Dereham and there will be around 25 stalls - ranging from cakes and bakes to crafts.

For the foodies amongst us, there will be 2 or 3 street food traders each month - ranging from hog roast to loaded fries.

FUSE PARTY IN NORWICH

Join Norfolk's best Club style party for people with disabilities.

Their next party is on THURSDAY 30TH MAY between 6.30pm and 9pm at The Waterfront, King Street, Norwich and open to anyone over the age of 18 with disabilities, and their carers.

Entry is £8 per person with up to 2 carers getting in free. (BUILD Gold Members get in for just £4 when they produce a

Membership Card). No need to book, just turn up. A fully stocked bar of beers, spirits, cocktails and soft drinks will be available at club prices

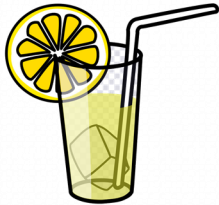




A very important date for your diary

OUR ANNUAL SUMMER BBQ FUNDRAISER

Saturday 13th July 2024, 6pm - 9pm



This will be taking place once again this year at:

'Netherley', Tolvers Loke, Reymerston NR9 4FF

Adults £8 each and Children (under 12) £4 each

Tickets include BBQ Food

As always, there will be lots of fun games and a raffle

COME & JOIN US!

**TICKETS GO ON SALE AT THE BEGINNING OF JUNE FROM
THE MID NORFOLK MENCAP OFFICE. MORE DETAILS IN THE NEXT LOOP.**

Ticket only event.

A few of last year's pictures to get you in the mood



May Day

Mid Norfolk Mencap office will be closed on Monday
6th May 2024 for May Day



and on
Monday 27th May for
the Spring Bank Holiday



CURRENT VACANCIES

We have support worker vacancies in both our Community
Outreach Service,
and at our residential home, Merle Boddy House

Contact Anya Rose at the Tavern Lane office if you would like
further details

Tel: (01362) 693013

DEREHAM & DISTRICT GATEWAY CLUB

It is with much regret that the Gateway Club has been put on hold until further notice. This is due to unforeseen circumstances within our lovely team of volunteers, who are all as disappointed as we are. Rest assured we will get this great club back up and running just as soon as we are safely able to do so.

We will keep you updated here once we know when we can get started again.

STEPPING OUT CLUB

We meet at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
(usually on the first & third Thursday)
7.30pm to 9pm £2 entry fee

THE NEXT THURSDAY MEETING DATES ARE:

2ND MAY 2024 AND 16TH MAY 2024

New members are always welcome



Produced by MID NORFOLK MENCAP
1a Tavern Lane, Dereham, Norfolk NR19 1PX
Telephone: 01362 693013

Email: info@midnorfolkmenca.org
Website: www.midnorfolkmenca.org

Registered Charity No. 1049364

Registered Company No. 2992726