



To keep you in the loop (excuse the pun), our Just Giving page is up and running. With your donations, our plans for a sensory room at Tavern Lane can become a reality.

To donate go to:- www.justgiving.com/mid-norfolk Mencap
or for further information browse our website:-www.midnorfolk Mencap.org.



We now have our Breckland Lottery page up and running.
Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-



Support local good causes
win up to £25,000!



100 Club

Don't forget we are 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.



May Bank Holiday 2018

The Mid Norfolk Mencap Office at Tavern Lane will be closed on Monday May 7th and also on Monday May 28th.

We wish all our members a very enjoyable Bank Holiday

NEWS AND EVENTS

We are planning to run a fundraising stall on the 22nd July at the Dereham Carnival. We **desperately** need your donations for the prize Tombola section. If you think you could help with a donation, please could these be brought into the office at 1a Tavern Lane no later than Friday 13th July. Thank you.



Mid Norfolk Mencap BBQ

To raise funds for our Sensory Room Project and Resources

Saturday 7th July 2018 6pm - 9pm
At 'Netherley' beside Thorncroft Clematis Nursery
Reymerston NR9 4QG

Soft Drinks Bar
Tea & Coffee available
for a small donation

Bring your own alcohol
Glasses Provided

Adults £8. Children under 12 £4.

Ticket only event

Tickets available in person from Mid Norfolk Mencap
1a Tavern Lane Dereham
Norfolk NR19 1PX



Norfolk Learning
Disability Services
Northern Locality Group
Meeting

3rd May 2018
10.30am-1.00pm
The Annexe,



Norfolk Learning
Disability Services
Northern Locality Group
Meeting 10.00am start

T.B.C.
Friendship Hall,

TESCO Bags of Help



Fantastic News For Mid Norfolk Mencap

We would like to share with you some wonderful news.

In December 2017, we applied to be considered for the Tesco Bags of Help Grant Scheme. We are delighted to say, that our application has been successful and our project of transforming one of our rooms at Tavern Lane into a Sensory and Wellbeing room will be put forward to a customer vote in Tesco Stores during **May and June 2018 only.**

BAGS OF HELP' is Tesco's exciting local community grant scheme where the money raised by the sale of carrier bags is being used to fund thousands of local projects in the community, and ours is just one of them.



Our project along with the other two successful projects in our region will go forward to a vote in Tesco Stores where their customers will decide the outcome by voting for **their** favourite project each time they shop using the little blue tokens, therefore, we need **YOUR HELP** by voting for our project each time you shop, using your tokens. We urge you to be our **Champions**, by getting behind us with this scheme. It is only for a short period of time, so please, please shop in Tesco's and help us with our project. Pop those tokens in! Each time you support us with your vote, and with the money raised, our Sensory room comes ever closer to being completed and will be the most tactile, visually stimulating, and fantastical feast for the eyes for all the users of the room.

A project we are proud of.



Learning Disabilities Week 18th—24th June 2018



with the theme of
'All About Health'



This year Learning Disability Week will be 'All About Health'. With a big focus on the **Treat Me Well Campaign**

Mencap are running a campaign calling on NHS staff to make reasonable and simple changes in hospital care for people with a learning disability which can make a huge difference and save lives. They are asking for some reasonable adjustments such as positive communication, more time and clearer information, when in hospital. We know the treatment that people with a learning disability get in hospital is still not good enough in many parts of the country. They are asking for people to support this campaign. If you would like to get involved with and support the 'Treat Me Well Campaign' you can do so by signing up on line at www.mencap.org.uk and following the links.

For us here, we are rounding off the week with a buffet and a get together during the Drop In session at Tavern Lane on Friday 22nd June. Do pop in if your passing by or even better let us know if you are intending to pop along.



We wish to express our sincere thanks to Big Fry in Dereham

for their generous donation of £50 from the sales of their carrier bags, towards our Sensory and Wellbeing Room Project.

Their donation helps us to get 1 step closer to our goal

The support of donor's like Big Fry is making it possible for people with disabilities to experience new environments in a fun and positive way.

Once again, Mr. Cross and the staff of Big Fry,

We Truly Thank You

Alisha and Deven's

Pyjamarama!

27th April—

All Day at MBH,
Drop in and the
Community

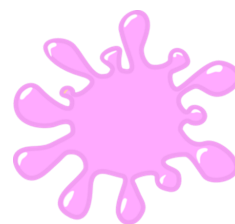
£2

We would like to extend our sincere thanks to Alisha and Deven who are raising funds for our Sensory and Wellbeing room with their fantastic idea of a Pyjama day. Staff and members of Mid Norfolk Mencap are invited to participate and pay £2 to attend work, the Drop In session or the community dressed in their pyjamas. What a lovely idea.

Arts and Crafts Holiday Club



Whitsun Half-Term 2018



Our Whitsun 2018 arts & crafts holiday club is for children with learning disabilities, aged between 6–18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX

On Tuesday 29th and Wednesday 30th May

The cost per full day session is £10.00 or you can book half day sessions for £5.00.

If you are interested in attending, please call Anya or Lorna on

01362 693013, or email info@midnorfolk Mencap.org



Volunteers Needed.....

For this year's Summer Holiday
Arts and Crafts Holiday Club.



Are you a crafter at home. Do you find yourself knitting, or painting or doodling in your spare time. Have you ever thought of passing on your skills to youngsters. If so, we have the ideal scenario for you. We need volunteers urgently for our Arts and Crafts club.

This summer the Playscheme will run for 1 week from Monday 30th July to Friday 3rd August. The club is for children aged 6-18 with a learning disability.

These sessions are great fun and totally rewarding, Our volunteers go away from these sessions with the feeling that they have made a real difference to all the members they have supported.

Volunteers!



If you are interested in volunteering for this project then please contact Lorna or Anya at the Mid Norfolk Mencap office on 01362 693013.

North Norfolk May Ball

May 19th 2018



At North Walsham Community Center,
New Road, North Walsham, NR28 9DE

From 6.30—10.30pm

Come and dance the night away. As this is the date of the Royal Wedding, we are celebrating the occasion by asking you to attend the evening in Fancy Dress or Smart Dress.

Cost of the Ball: £6 members & £6 for carers

This will include a Disco and a Buffet

Please make cheques payable to Mid Norfolk Mencap, 1a Tavern Lane

VOLUNTEERS
NEEDED!



Volunteers Needed!



Do you have a few spare hours a week? Do you get bored at looking at four walls? Ever thought of becoming a volunteer? We are always pleased to see people coming forward to help **volunteer** in the various clubs and Drop-in sessions we run or as **Trustee members**. The rewards of becoming a volunteer are non-ending. Everyone has a talent, use yours to help people with learning disabilities. You will be amazed at the feel good factor you will experience and the gratitude shown from our members. We are **always** on the lookout for Volunteers.

If you are interested in volunteering, then please contact Anya or Lorna at the Mid Norfolk Mencap Office on 01362 693013.

We will be pleased to help.

CALLING ALL
VOLUNTEERS!



Saturday Clubs—May



Swaffham - On 5th May – Painting plant pots and planting seeds

Dereham - On 19th May – Bingo

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.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 1pm– 3pm and will cost £18 per session.



If you would like to attend the music sessions please



Family Carer Meetings

The next Family Carers meeting is on



Wednesday 9th May 2018

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 2018 can be found on our website: www.midnorfolk Mencap.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@midnorfolk Mencap.org

Website: www.midnorfolk Mencap.org

Drop In's

Dereham

**Tuesdays and Fridays
10.00am—2.00pm**

**1a Tavern lane,
Dereham
NR19 1PX
£4.00 entry fee**

Cromer

**Thursdays
1.00pm—4.00pm**

**Merchants Place
16 Church Street
Cromer, NR27 9ES
£5.00 entry fee**



Gateway Club

**2nd May— Cake Sale and Cake
Decorating**

9th May —Music Club

16th May — Wiggle and Giggle

**23rd May— Albanian Washing
Machine Company**

30th May—Half Term Closure



Stepping Out Club

7th May— No Meeting— Bank Holiday

**12th May—Outing to Norfolk Wildlife
Trust, Cley**

14th May—No Meeting

21st May—Back-to-Back entertainers

28th May—No Meeting— Bank Holiday