



May  
2019  
Issue



## Carers Matter Norfolk,

The Carers Voice of Norfolk & Waveney, a registered charity have FREE events for unpaid carers in Norfolk up for grabs. This is a wonderful chance to relax, with free complementary therapies and pampering for unpaid carers in North and West Norfolk, including: mindfulness, massage, music, refreshments and much much more. Already confirmed are hand massages, manicures, seated exercises, technology help with your laptop/mobile phone. Benefits / legal advice & a MOT for your feet with a foot health practitioner. Tickets are **FREE** but places are limited so **book now** to avoid disappointment.

Kings Lynn- 21<sup>st</sup> May, Gaywood Church Rooms, 10.30 – 1pm, Gayton Road, Kings Lynn, PE30 4DZ. Book at: <https://wecarekl.eventbrite.co.uk>

Cromer- 3<sup>rd</sup> June, Cromer Parish Hall, 65 Church Street, Cromer NR27 9HH. 10.30am – 1:00pm Book at: <https://we-care.eventbrite.co.uk>

You can also book by email: [laura.middleton@carersmatternorfolk.org](mailto:laura.middleton@carersmatternorfolk.org) Or phone: 07968 316265 if you can't register on Eventbrite.

Carers Matter Norfolk will do their best to cater for carers requirements so do contact them if you have any specific needs: e.g. transportation, accessibility or dietary restrictions. Any questions can be sent to the organizer: [laura.middleton@carersmatternorfolk.org](mailto:laura.middleton@carersmatternorfolk.org). You don't have to bring your printed ticket to the event if you have booked your place, just turn up. They ask that you please let them know if you are unable to attend.

### “Carers Information Day”

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 10<sup>th</sup> June 2019 10.00am till 3.00pm

Come along and meet the people who will offer Help, Information and Advice for Carers, Ex-Carers, Older People and the Lonely With lots of support at these events, drop in and find help and support in where to get the services required.

Including:

Macmillan Cancer Support

AGE UK Norwich - Autism Anglia

Norwich Access Group

Arthritis Care - Alzheimer's Society - Marie Curie

Dementia Services - Equal Lives

Norfolk Carers Support

Action for Blind People

BUILD

Plus many more.....



## We Are Recruiting !!!

Mid Norfolk Mencap has several exciting posts open within our dedicated staff team, who support and encourage people with varying degrees of learning disabilities, to live the life they choose with independence and equality. Our residential home is very close to the busy market town of Dereham. We also provide a Community Outreach Service, which also has posts available

Full Time (37 hours), Part Time (Various), Bank (0 Hours) available

Typical shift patterns: 7am-3pm/3pm-10pm/Nights 10pm-7am

Community Shifts vary in times

We are keen to find individuals who share our vision and values. You may or may not be experienced, but we can offer a supportive journey through career progression, via induction, regular supervisions, learning and development with recognition of you as an individual.

### Our Values:

***We are Inclusive. People with learning disability are at the heart of everything we do.***

***We are Trustworthy. When we promise something, we don't let people down.***

***We are Caring. We treat everyone with respect and kindness.***

***We are Challenging. When we see things that aren't fair we will campaign until we see real change.***

***We are Positive. We never stop believing in a better future and we celebrate what we are proud of now.***

Benefits? Mid Norfolk Mencap recognizes the fantastic work of their staff by offering some brilliant perks which include: enhanced rates of pay on Sundays and Bank Holidays, life insurance, pension, and 28 days holiday increasing to 30 after 2 years continuous service.

Rate of pay: £8.28 per hour in the residential service (£9.52 for Sundays and Bank Holidays) and £9.00 per hour in the Community Outreach Service (£10.35 on Sundays and Bank Holidays).

If you would like more information or would like to request an application pack, then please call Lorna or Anya on 01362 693013 for more details.



Mid Norfolk Mencap (serving North and South Norfolk Mencap). Registered Charity No 1049364

Company Reg. No 2992726

# Mid Norfolk Mencap Barbeque

Saturday 6th July 2019 6pm - 9pm

At 'Netherley' The Lings Reymerston NR9 4QG  
(ON the B1135)

Adults £8. Children under 12 £4

Price includes BBQ Food

*Ticket only event*

Tickets available in person from Mid Norfolk Mencap



**Bring your own alcohol  
Glasses Provided**



**Soft Drinks  
Tea & Coffee available**



**'If possible, please bring own chairs'**

## Peter Beales Garden Centre

London Road, Attleborough, Norfolk, NR17

We are proud to announce an 'Evening Tour' of Peter Beales Roses, on Saturday 29<sup>th</sup> June 2019. The tour begins at 6pm with a walk around their beautiful rose gardens, an atmospheric experience that is not usually available to the public during evening time, with the amazing scent from the roses alone, this is an opportunity not to be missed.

Dusky Sunday, a very talented singer/song writing duo will be performing during the evening, along with a short talk from a speaker from Mid Norfolk Mencap and a raffle. Refreshments are available during the evening from the garden marquees, along with a tombola stall run by us.

**Tickets cost: £25 per person, with all profits going towards Mid Norfolk Mencap.  
Tickets are available to buy from their website**

<https://www.classicroses.co.uk/garden-products/tickets-for-workshops-and-courses/29-06-19-garden-party-charity-evening.html>

**Do come along and support us, at this ticketed event and enjoy the rose perfumed gardens which are spectacular at this time of the year whilst having a great evening. What could be better?**



# Bingo Nights

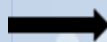
**Mid Norfolk Mencap Proudly Announce  
their Bingo Nights  
on the last Friday of each month**

**from 7-9pm**

**All provided for the  
grand price of £5**

**Come along, play bingo, eat chips,**

**Win**



**and Have a great time at**

**1a Tavern Lane Dereham NR19 1PX**



**Doors open 6.45pm**



**Eyes down 7pm**



**Norfolk Learning  
Disability Services  
Southern Locality Group  
meeting**

**6th June 2019**

**10.30am-1.00pm**

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



**Norfolk Learning  
Disability Services  
Northern Locality Group  
meeting**

**Tuesday 21st May 2019**

**Meeting: 2—5pm**

**Note: Change of meeting  
venue— Now at  
Youngs Park, Woodgate Way,**

## Community Support News

This month we write about Lawrence, a gentleman we support every Friday afternoon.

Lawrence chooses to spend most Friday afternoons at his local snooker club as he is extremely passionate about snooker, in any form, either playing a game with friends or



his dad. Lawrence likes to listen to music in the car when on his way to and from the snooker club and enjoys many types of music especially modern chart toppers. When visiting the snooker club, which has a pub attached, Lawrence enjoys talking to the staff and having a drink with them. Lawrence has a keen interest in what the staff do for relaxation when not at the snooker club and will talk with them about their week and

weekend hobbies and activities. Lawrence takes great pleasure in teaching others how to play snooker and would love to be famous one day for his snooker skills.

Relaxation for Lawrence whilst at home is watching snooker on the television, or watching horror movies. Lawrence like many of us has likes and dislikes. When it comes to food, Lawrence really enjoys his mothers cooking and is keen to try new foods and tastes. Lawrence is also interested in fast cars, Ferraris in particular and would love to own or take a drive in one.



# *North Norfolk May Ball 4th May 2019*

*North Walsham Community Centre  
New Road, North Walsham NR28 9DE*

*From 6.30 - 10.30pm*

*Come and dance the night away*

*£7 members & £7 Carers*

*This includes Dance & Buffet*

*Cheques made payable to Mid Norfolk Mencap*



## **Office Closure**

**The Mid Norfolk Mencap Office will be closed  
for both May Bank Holidays on**

**Monday 6th and Monday 27th May 2019**

**Both Tuesday Drop-Ins will take place as  
usual on Tuesday 7th and 28th May**





## Saturday Clubs– May

Swaffham - 4th May— ‘Star Wars’ Themed Crafting

Dereham - 18th May— Meal at Kings Head Hotel, Dereham

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.



## Family Carer Meetings

The next Family Carers meeting is

on

Wednesday 8th May 2019



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 2019 can be found on our website: [www.midnorfolk Mencap.org](http://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](mailto:info@midnorfolk Mencap.org)  
Website: [www.midnorfolk Mencap.org](http://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**



**Stepping Out Club**

**6th May—No Meeting**

**13th May — No Meeting**

**20th May— Walk & Pub Visit**

**27th May —No Meeting**

**Meeting held at Church House  
Church Street,  
Dereham  
7.30—9.00pm**

**£1 Entry Fee**



**Gateway Club**

**1st May— Club night with bingo**

**8th May– Music Club**

**15th May– Wiggle and Giggle**

**22nd May– Bowling at Strikes**

**29th May– Crafts and Kurling**

**Dereham Community Hub  
Independence Matters, Rash's Green,  
Dereham  
7.00—9.00pm**

**£1 Entry Fee**