



DIARY DATE ALERT!!

We all missed gathering for the Summer BBQ last year so we are hopeful that we can hold the fundraising event this year (subject to adhering to the relevant legal Covid secure requirements).



Mid Norfolk Mencap Barbeque

In the next issue, we will confirm when and how tickets will be available.

So keep this date free

Saturday 17th July 2021, 6pm - 9pm

to be held at 'Netherley', The Lings, Reymerton
NR9 4QG (on the B1135)

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

Prices will include BBQ Food.

To make it easier, you will be able to pay for tickets
by bank transfer.

TICKET ONLY EVENT



DISABILITY STRATEGY, REPORT & SURVEY

This year marks 26 years since the Disability Discrimination Act and 11 years since the Equality Act passed into law.

Despite this legislative change, progress towards greater equality between disabled and non-disabled people has been erratic and, in some areas, non-existent. The Disability Unit in the Cabinet Office is working with government colleagues, disabled people, disabled people's organisations, charities and businesses to develop and deliver a National Strategy for Disabled People. The Strategy is due to be published this Spring 2021.

The Disability Unit says:

Despite the unprecedented challenge we face as a nation, this Government is committed to delivering an ambitious National Strategy for Disabled People with expert advice and the lived experience of disabled people at its heart.

The Strategy will make practical changes to policies which strengthen disabled people's ability to participate fully in society and will place fairness at the heart of government work on disability, to level up opportunity so everyone can reach their potential and participate in life in this country.

We want to place the lived experiences of disabled people at the centre of our approach, as well as views from people across the country including those caring for and related to disabled people, as well as the general public.

A public survey was launched in January to gather views. It is part of engagement nationally and across the regions with leading charities, disabled people's organisations and individuals from all parts of society that are affected by disability.

In anticipation of the publication of the Strategy for Disabled People, the Centre for Social Justice (CSJ) Disability Commission has published a report with ambitious and transformative recommendations across employment, education, housing, transport and access to goods and services.

You can download the report – called 'Now is the Time' – at:

<https://www.centreforsocialjustice.org.uk/library/now-is-the-time-a-report-by-the-csj-disability-commission>



The office will be closed
on the two May bank holidays:
Monday 3rd and Monday 31st.



COFFEE 4 CAREWORKERS

Our hardworking care staff at Merle Boddy House were rewarded last month by the East of England Co-op.

Nominations for local organisations were received via their Facebook page and the selected winning care organisations from Norfolk, Suffolk and Essex received a Coffee4CareWorkers pack.



Mandy, Charlotte & Jon receiving the treats.



The treats were presented to our wonderful staff on 21st April by the East of England Co-op Community Team.

AUTISM ANGLIA

Autism and employability conference **Autism Anglia** has announced that this year's conference will take place over two days from 7th to 8th June 2021 and will be held online via Zoom.



With interactive workshops and fabulous speakers, the conference will be suitable for autistic individuals, parents, carers, school staff and employers, with information covering preparing for and finding work, and continuing into employment.

There will be a variety of expert speakers to cover a wide range of topics from tackling discrimination to bridging the gap between education and employment, ways to make the workplace more accessible, how to support employees with autism, Personal Independence Payments and working, how individuals can better showcase their employability and much more.

You can find out more at:
<https://autism-employability-conference-2021.heysummit.com/>

There is a charge for tickets. There is a discounted early bird rate.

LOCKDOWN IS EASING



Since Monday 12th April, in England we can now:

- Meet people outside in a group of six people or less, or no more than two households.
- Pubs and restaurants serving outside can re-open, along with non-essential shops, gyms and hairdressers.
- You aren't legally required to stay at home but you should keep any journeys to a minimum. You should continue to work from home if you are able to.
- If you have any of the coronavirus symptoms you must self-isolate straightaway and get a test. You must continue to isolate if you test positive or are told to isolate by NHS Test and Trace.
- You should stay two metres apart from anyone who is not in your household or support bubble, where possible.
- You must wear a face covering in many indoor settings such as shops and places of worship, and on public transport unless you are exempt – this is the law.
- You must not meet indoors with anybody you do not live with unless they are part of your support bubble (if you are eligible) or another legal exemption applies.
- If you are clinically extremely vulnerable, you are no longer advised to shield, however, you should continue to follow the guidance for people who are clinically extremely vulnerable.



You are encouraged to take up the covid vaccination when you are called.

The two posters here are published by Norfolk County Council Adult Social Services as a local campaign to encourage the take up of the vaccination.

We await the next easing of lockdown rules from Monday 17th May.



EASTER COMPETITION WINNERS



Well done to all those that took part. After careful judging, there were joint winners for the first prize of the Easter egg design competition

Fleur Batson and Pam Dent. Congratulations to them both. Fleur and Pam will receive their tickets for Gressenhall Farm and Workhouse.



FAMILY CARERS MEETINGS



We're keeping fingers crossed that the monthly meetings will resume on **Wednesday 7th July** in a Covid-secure manner.

Normal meetings take place between 10.30am and 12.30pm at Dereham Memorial Hall one Wednesday every month.

New faces are always welcome with a donation of £2 to cover the cost of refreshments and room hire.



RE-OPENING OF CROMER MINOR INJURIES UNIT

Cromer Minor Injuries Unit re-opened on 29th March 2021 as part of the restoration of services at the Norfolk and Norwich University Hospitals NHS Foundation Trust.

The Cromer team, including ten Emergency Nurse Practitioners, were redeployed to support the Emergency Department at NNUH during the peak of the pandemic in January, but can now return to Cromer.

Cromer MIU, in Mill Road, Cromer, will be open seven days a week for its usual hours of 8am to 7.45pm. If you are unsure about whether Cromer MIU is the appropriate place for your healthcare needs, please call 01603 646230.

The Minor Injuries Unit at Cromer can deal with:

- Minor head injuries (with no loss of consciousness)
- Simple wounds
- Simple eye conditions, foreign body, corneal abrasions
- Minor burns
- Soft tissue injury
- Bites and stings, with no associated complications, or acute reaction
- Simple fractures
- Fingers that may be broken or dislocated



IN THE LOOP IS ALL ABOUT YOU



We try to keep you informed of all that is going on here at Mid Norfolk Mencap, as well as guidance/information from local services to help those with learning disabilities, and their carers.

If you would like to see particular information in the publication or if you have something that you think other readers would be interested in, please contact Sarah in the office on 01362 693013 or sarah@midnorfolkmenca.org

SPECIAL CELEBRATION DAYS IN MAY 2021

National Walking Month

3rd, May Day Bank Holiday

3rd, World Laughter Day

3rd to 9th, National Sun Awareness Week

4th, Firefighters' Memorial Day

4th, Star Wars Day

4th to 9th, Deaf Awareness Week

8th to 16th, National Doughnut Week

10th to 15th, Food Allergy Awareness Week

10th to 16th, National Vegetarian Week

11th to 16th, ME Awareness Week

11th to 16th, Dying Matters Week

11th to 23rd, Foster Care Fortnight

12th, National Limerick Day

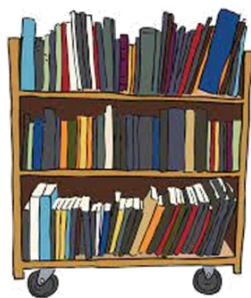
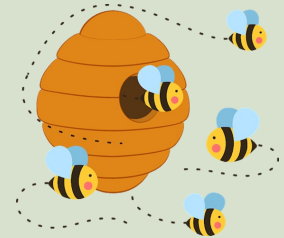
12th to 18th, International Donkey Week

17th to 23rd, Dementia Action Week

20th, World Bee Day

24th to 30th, National Epilepsy Week

31st, Spring Bank Holiday Monday



RE-OPENING OF NORFOLK LIBRARIES

All Norfolk libraries are now fully open with the exception of Hingham which will continue to offer an **at the door** service until further notice.

Mobile library services have now resumed.

SOUTHERN

Locality Group Meeting
Norfolk Learning Disability Services

CANCELLED

until further notice

Usually held at:
The Annexe,
Watton Sports Centre,
118 Dereham Road, Watton IP25 6HA

NORTHERN

Locality Group Meeting
Norfolk Learning Disability Services

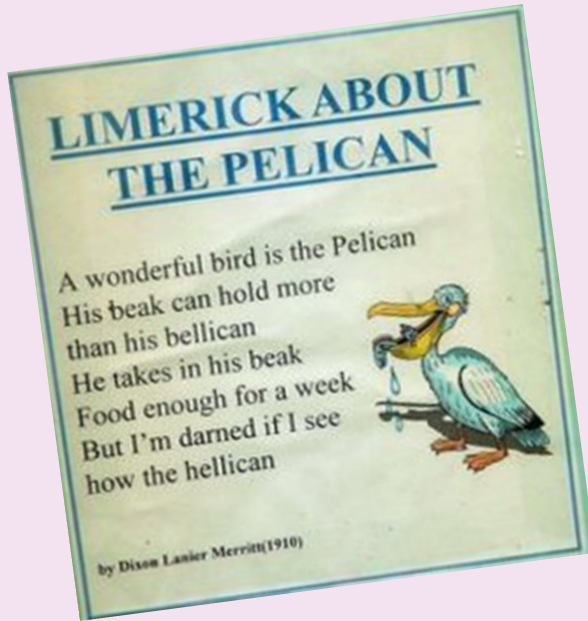
CANCELLED

until further notice

Usually held at:
The Bayfield Centre,
Kelling Hospital,
Old Cromer Road, High Kelling NR25 6QA

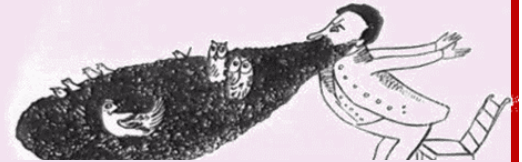
A SELECTION OF LIMERICKS

Perhaps you can have a go at writing your own?



There was an Old Man with a beard,
 Who said, 'It is just as I feared! -
 Two Owls and a Hen,
 Four Larks and a Wren,
 Have all built their nests in my beard.'

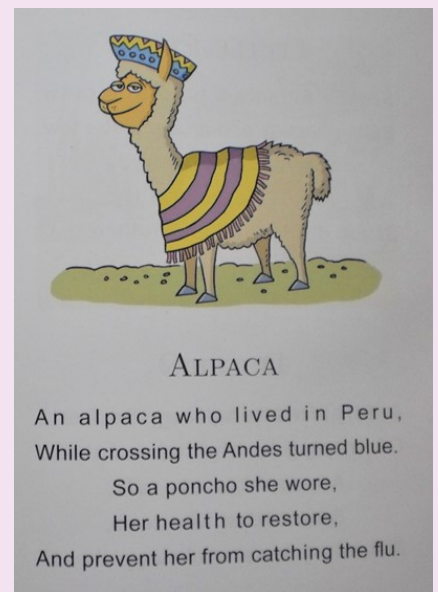
by Edward Lear



Some of our staff members
 have come up with some

The Spider Who Came To Town
 To the spider that sat down beside her
 That frightened the support worker away
 The residents laughter
 Oh what a disaster
 As no-one stayed in the lounge that day.

Up and down the mountain
 The hiker he did go
 Until one day he stopped, as he didn't like the snow
 Freezing cold and icy, the climber stopped for tea
 He slipped on a cake that he did bake
 And promptly broke his knee.



ALPACA

An alpaca who lived in Peru,
 While crossing the Andes turned blue.
 So a poncho she wore,
 Her health to restore,
 And prevent her from catching the flu.

There is a house upon the street
 Where our residents
 You would like to meet
 They're going along their daily tasks
 Til this virus finally does pass.

Pooh and Piglet went to tea
 whilst Tigger went to town
 Bouncing up and down the road
 The people shout "slow down"
 He bounces here and bounces there

And all the people stop to stare, but Tigger he doesn't even care!

DROP INS

Still with no definite start dates for the both the Cromer and Dereham Drop In sessions, these are cancelled until further notice.

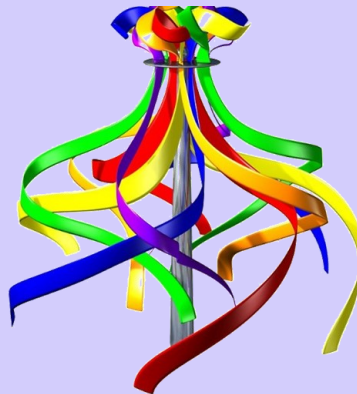
We will constantly be reviewing the situation and will keep you posted as to when the sessions will start again.

Cromer

Thursdays

1.00pm — 4.00pm

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



Dereham

Tuesdays and Fridays

10.00am — 2.00pm

1a Tavern Lane,
Dereham
NR19 1PX
£4.00 entry fee

Stepping Out Club

All meetings of the Stepping Out Club are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:

Church House
Church Street
Dereham
7.30—9.00pm

£1.50 Entry Fee



Gateway Club

All meetings of the Gateway Club are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings held at:

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

£1 Entry Fee

If you would like details on anything seen in this leaflet, please contact Mid Norfolk Mencap, 1a Tavern Lane, Dereham, Norfolk NR19 1PX.
Telephone: 01362 693013 Email: info@midnorfolkmenca.org

Website: www.midnorfolkmenca.org