

In The Loop

May the Fourth
be with you!



May
2022
Issue



We were all very excited when the offices of Mid Norfolk Mencap were visited by the 80s **Drivetime Show** hosted by personality radio presenter, **Paul Kazam**. Drivetime is broadcast across the radio network in the UK and beyond, bringing joy to the community.

Paul and his team visited us on Friday 18th March to kick off the start of their roadshow with the very first of their outside broadcasts.

Our client, **Michael Wilkie**, was able to join the team as a special guest presenter, which made his day (even his year!).



We were also joined for a special performance by Jacquii Cann who sang live on air. Jacquii won "Stars In Their Eyes" as Alison Moyet back in 1993, and now sings with her band Yazoo-2.

Our thanks go to Joanne Marshall, one of our Community Outreach Support Workers, who organised the visit.

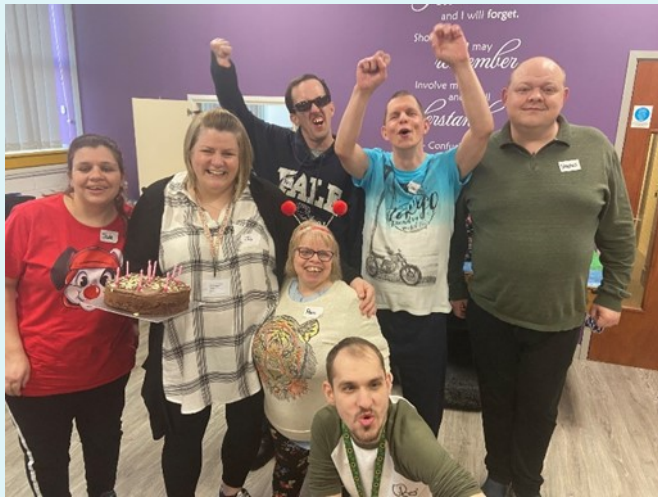
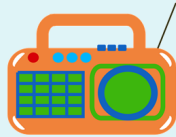
See their Facebook page for videos of the day:

<https://www.facebook.com/80sdrivetime>

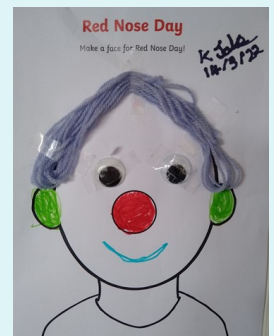


All very excited to be on the radio on **Comic Relief Day!**

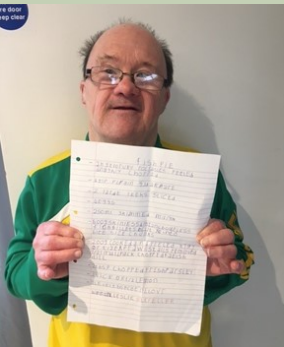
RADIO GAGA ON RED NOSE DAY



**RED
NOSE
DAY²²**



MERLE BODDY HOUSE RESIDENTS GETTING READY FOR SPRING AND HAVING FUN AT EASTER



DISABILITY ENERGY SUPPORT

SCOPE offer free energy and water advice to disabled people, helping them manage their energy and water needs. The service is open to any disabled person or households where one or more disabled people live, and those households are in England or Wales.



You can also get advice by email at: Disability.EnergySupport@Scope.org.uk

Their website: <https://www.scope.org.uk/disability-energy-support/>

gives a useful overview of the general energy help available. You may not know that you can get a rebate when you use an oxygen concentrator? If you use an oxygen concentrator at home, you can get a rebate for the electricity it uses. The company that supplies your concentrator can make payments to your bank account.

Call the Electricity Rebates (BOC Home Oxygen Service) Patient Service Centre on freephone 0800 136 603.

Call the Electricity Refund (Air Liquide Healthcare) rebate team on freephone 0800 781 9939.



FIRST EVER DEREHAM DAY

Saturday 14th May, 10.30am to 4pm
Hosted by Friends of Dereham Memorial Hall

A date has been fixed for an exciting celebration which is set to showcase all that is great about Dereham. The day promises a programme packed full of activities (from learning the jive to flower arranging) and entertainment for local groups of all interests to show the people of Dereham what they stand for, how they operate and what they do. Dereham Memorial Hall is set to play a central role in the festivities, hosting stalls, workshops and live performances.

Crowds will be treated to live music and dance in the main auditorium, while street performers will be on hand to entice people to the Norwich Street venue. Around 30 local groups, such as the Mid Norfolk Railway and Dereham Heritage Trust, will have stalls elsewhere in the hall where they can exhibit their work and the services they offer.



NETWORK FOR AUTISTIC YOUNG PEOPLE

Ambitious about Autism has launched the UK's first online platform for autistic young people.

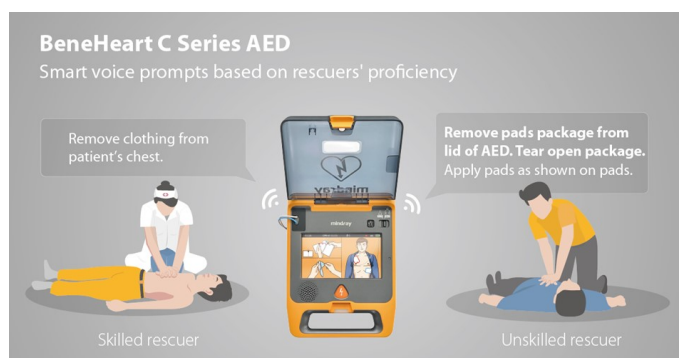
This will offer autistic young people aged 16 to 25 a safe and moderated online space to help them understand their autistic identity and reduce the isolation and loneliness that many feel. Young people will be able to take part in peer-support sessions, share experiences, and find volunteering, work experience and employment opportunities. There will also be opportunities for them to work together and campaign for change. Find further details at:

<https://ambitious-youth-network.ambitiousaboutautism.org.uk/page/ambitious-youth-network>



OUR SECOND DEFIBRILLATOR ARRIVES!

Now on the premises at Tavern Lane and ready to use if/when needed by staff or room hire users.



MAY BANK HOLIDAY CLOSURES

The office and services at Tavern Lane will be shut for the May bank holiday (which marks the start of Spring) on **Monday 2nd May**.

To celebrate the Queen's 70th anniversary as monarch, the Spring Bank Holiday 2022 (originally at the end of May) will be moved to **Thursday 2nd June** with an additional bank holiday held on **Friday 3rd June** so we will also be closed on 2nd and 3rd June.





Don't forget the date of our annual
SUMMER BBQ FUNDRAISER
Saturday 9th July 2022, 6pm - 9pm



to be held at

'Netherley', Tolvers Loke, Reymerston NR9 4FF (on the B1135)

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

Tickets include BBQ Food.

Raffle & lots of games to take part in.

COME & JOIN THE FUN!

TICKETS GO ON SALE BEGINNING OF JUNE.

TICKET ONLY EVENT



Making Sense of SEND events are organised by the Norfolk SEND Local Offer team in partnership with Family Voice Norfolk. These free online events are exclusively for parents and carers who have a child with SEND aged 0—25.

They give you the chance to listen to a presentation on a specialist subject, give your views about something the Local Offer team wants to improve or develop and ask a panel of experts questions.

Making Sense of SEND is making a return to face-to-face events this summer and you can book via: <https://www.eventbrite.co.uk/>.

The topic of **Health** will be at Knights Hill Hotel in King's Lynn on 12th May.

The topic of **Preparing for Adult Life** will be at Kings Centre in Great Yarmouth on 28th June.



HOW TO FIND OUT ABOUT EVENTS AND NEWS

Their Facebook page not only has their own events and information but lots of other news about what is happening in Norfolk for children and young people with special educational needs and/or disabilities (SEND) and their parent carers. Also on Facebook, the Family Voice Members Chat Room is a closed group where you can give your views on whatever is concerning you and discuss issues with them and other parent carers.

Their website: www.familyvoice.org.uk tells you more about how they work and their own events. Membership is free and open to parents, carers and close family members of children and young people (0-25) with SEND.

GOODBYE & HELLOS

We said goodbye to **Clare Stiles**, Deputy Manager of our Community Outreach Services (bottom left opposite), on 1st April. She leaves us for fresh pastures in the health & social care sector and we wish her all the best.



Melanie Share (left) has recently been promoted to Team Leader in the Community Outreach Services Team. With us since 2019 and with experience from a range of care settings, Mel already knows the clients, so will now oversee the staff team members too.

Welcome TO THE TEAM



Peter

Two new Support Workers have joined us recently:

Peter Grothier joins the Community team and was a development chef in the hospitality sector for many years pre Covid.

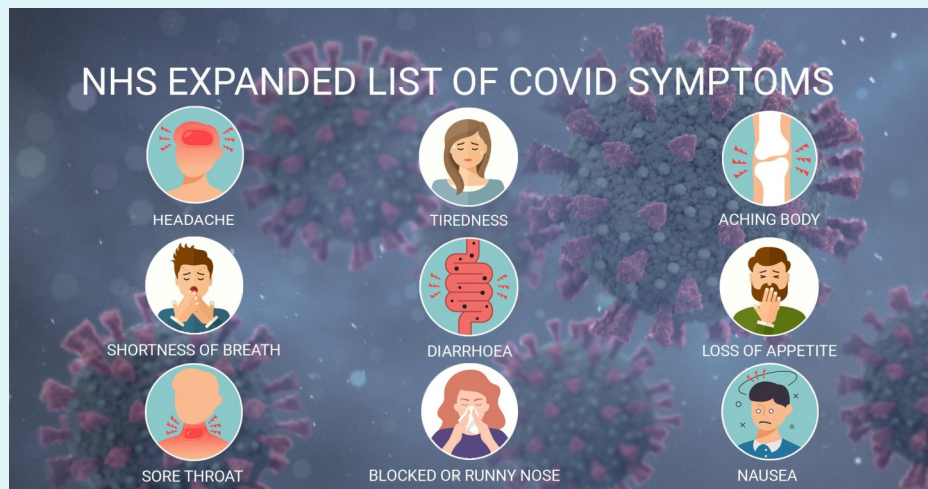
Jacob James joins the staffing team at Merle Boddy House from another local care setting.



Jacob

CORONAVIRUS UPDATE

Coronavirus is still spreading around quickly. The number of Covid cases are high but the number of people getting very ill and dying is still low. The symptoms list has been updated:

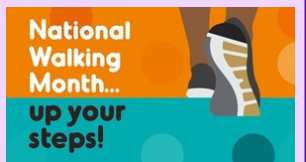


If you have any of these symptoms or test positive with Covid, you need to try to stay at home for 5 days. This is when you are most infectious.

The NHS is offering new treatments to people with Covid who are at highest risk of becoming seriously ill. You can only get the new treatments if you have certain health conditions, including Down syndrome. You will get a letter from the NHS to say if you are on this list, and what to do if you get ill.

Watch out for Coronavirus scams. The NHS treatment for Covid is FREE. The NHS will never ask for your bank details or any type of payment.

SPECIAL CELEBRATION DAYS IN MAY 2022



2nd, World Tuna Day

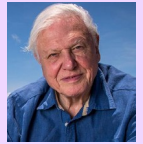
2nd, May Day Bank Holiday

2nd—4th, Eid Al-Fitr (3 day celebration marking the end of the fasting month of Ramadan)



4th, Star Wars Day

8th, David Attenborough's 96th birthday (same age as the Queen)



9th—15th, Mental Health Awareness Week

12th, International Nurses Day (also the anniversary of the birth of Florence Nightingale, born in 1820, considered the pioneer of modern nursing)



13th, International Hummus Day

14th, FA Cup Final at Wembley, Liverpool v Chelsea



14th, DEREHAM DAY

16th—22nd, National Vegetarian Week



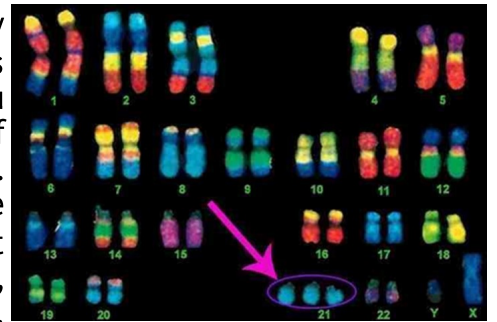
21st, World Whisky Day



24th—28th, RHS Chelsea Flower Show

WHY LOTS OF SOCKS?

This is a picture of chromosomes which some say look a little bit like pairs of socks. Sometimes people have an extra 'sock' or chromosome and a person with Down syndrome has an extra copy of chromosome 21 as you can see in the picture. That's ok - it just means that some things a little harder for them. They are a little different but different is ok. People with Down syndrome learn, laugh, love, live and, just like the rest of us, sometimes also get cross, sad, dislike things, get uncomfortable being stared at and just want to join in with everyone else. Where children with Down syndrome and other disabilities are given opportunities to join in, all children benefit from this and environments of friendship, acceptance, respect for everyone and high expectations are created.



We celebrated World Down Syndrome Day by decorating socks for display and wearing bright odd socks.





We are hopeful that we will soon have re-opening dates for these clubs and drop in sessions:

DROP INS (Dereham and Cromer)
SATURDAY CLUBS (Dereham and Swaffham)
GATEWAY CLUB

Dates will be published here and members will be notified directly too.



FAMILY CARERS MEETINGS



The next meeting will be on **Wednesday 11th May**

Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

At Dereham Memorial Hall, 62A Norwich Street, Dereham

*Hand sanitisers and facemasks will be available at these meetings if needed.
We look forward to welcoming old members back and seeing new faces too.*



STEPPING OUT CLUB

Meetings take place at **Church House, Church Street, Dereham**
Their meeting day is **Thursdays**, 7.30pm — 9.00pm with a £1.50 entry fee.

Future planned dates are:

12th and 26th MAY

9th and 23rd JUNE



Produced by MID NORFOLK MENCAP

1a Tavern Lane, Dereham, Norfolk NR19 1PX

Telephone: 01362 693013

Email: info@midnorfolkmenca.org

Website: www.midnorfolkmenca.org