



### SPRING HAS OFFICIALLY SPRUNG AND EASTER WAS CELEBRATED WITH A COMPETITION



Community Outreach Service clients were tasked to design an egg, to be wild and creative (to think out of the eggbox!).

With tickets to Pensthorpe as the first prize and chocolate eggs donated by Tesco Extra in Dereham for all entrants, here are the finished creations.





Thank you to  
Pensthorpe  
and  
Callie Skelton at Tesco  
(opposite)  
for the Easter  
competition prizes.



## NEW CHANGING PLACES FACILITY FOR NORFOLK

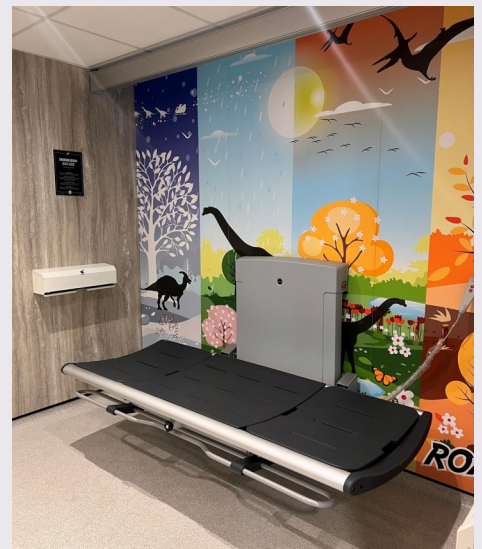
ROARR! Dinosaur Adventure Park have announced they have a brand new Changing Places facility open to the public on their site. This will be a welcome addition to a host of existing accessibility provision at the park, including accessible pathways, mobility scooter and wheelchair hire, and an accessible quiet/sensory room.

Going to the toilet comfortably is something that so many of us take for granted, but it can be a huge barrier for profoundly disabled people and their carers.

The Changing Places consortium campaigns on behalf of the quarter of a million people in the UK who cannot use standard accessible toilets. These include people with profound and multiple learning disabilities, motor neurone disease, multiple sclerosis, or cerebral palsy, as well as older people.

Those seeking to locate a suitable toilet providing safety and comfort can consult the Changing Places Toilet Map and find facilities with more space and the right equipment, including height adjustable changing benches and hoists.

Visit the Changing Places website at:  
<https://www.changing-places.org/>



# DEREHAM & DISTRICT GATEWAY CLUB

## Events Calendar Upcoming Dates 2023



28<sup>th</sup> April

Coronation Crafts

5<sup>th</sup> May

Coronation Celebration  
& Cake



12<sup>th</sup> May

Music Night

19<sup>th</sup> May

Bingo



at The Meeting Point, 4 St. Withburga Lane, Dereham  
Fridays Term-Time, 7pm to 9pm (£2 per week)



THE RETURN OF  
**ELVIS**  
ON 24TH MARCH  
TO THE  
GATEWAY CLUB

He's always very  
popular at the  
meetings!





**The coronation of King Charles III and Queen Camilla will take place at Westminster Abbey in London on Saturday 6th May.**

King Charles's coronation ceremony starts at 11am, before the King's procession begins at approximately 2pm. The procession which will run for around 1.3 miles and then the royal family will gather on the balcony of Buckingham Palace.

The UK government has announced that Monday 8th May will be an official, extra bank holiday to mark the special day, so we will be celebrating over the long weekend.

Here's some ideas how to celebrate the event that weekend:

- Organise a street party
  - Wear fancy dress
- Play "Pin the Crown on the King"
- Play "Pass the Parcel" with the parcel wrapped in gold paper
  - Make paper crowns
  - Create & bury a time capsule
- Make the "Quiche Le Reign" (opposite) for a family meal.

Apparently the King and Queen Consort have personally chosen Coronation Quiche as their celebratory recipe. 70 years after Coronation Chicken was created for Elizabeth II's coronation, Charles and Camilla selected a personal favourite as their recommended dish for Coronation Big Lunches. The recipe features spinach, broad beans and tarragon. Have a go!

## CORONATION QUICHE

### NOW MAKE IT YOURSELF

You will need a 20cm flan tin

#### Ingredients

<b>- Pastry</b>	25g lard
125g plain flour	2 tablespoons milk
Pinch of salt	Or 1 x 250g block of readymade shortcrust pastry
25g cold butter, diced	
<b>- Filling</b>	100g grated cheddar cheese
125ml milk	180g cooked spinach, lightly chopped
175ml double cream	60g cooked broad beans or soya beans
2 medium eggs	
1 tablespoon chopped fresh tarragon	
<b>Salt and pepper</b>	

#### Method

- 1** To make the pastry: Sieve the flour and salt into a bowl; add the fats and rub the mixture together using your finger tips until you get a breadcrumb-like texture. Add the milk a little at a time and bring the ingredients together into a dough. Cover and allow to rest in the fridge for 30-45 minutes.
- 2** Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick.
- 3** Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
- 4** Preheat the oven to 190C (370F).
- 5** Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans.
- 6** Reduce the oven temperature to 160C (320F).
- 7** Beat together the milk, cream, eggs, herbs and seasoning.
- 8** Scatter 1/2 of the grated cheese in the blind-baked base, top with the chopped spinach and broad beans and herbs, then pour over the liquid mixture.
- 9** If required give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case.
- 10** Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.



Date for your diary .....

## OUR ANNUAL SUMMER BBQ FUNDRAISER

on Saturday 8th July 2023, 6pm - 9pm

to be held at 'Netherley', Tolvers Loke, Reymerston NR9 4FF

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

Tickets include BBQ Food.

There will be a raffle & lots of fun games to take part in.

**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.**



**BUILD**  
CHARITY

Social, leisure and learning opportunities for people with disabilities

### FUSE PARTY IN NORWICH

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

Their next party is on **TUESDAY 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 **£7** per person with up to 2 carers getting in free. (BUILD Gold Members get a discount if they produce a Membership Card). No need to book, just turn up. Feel free to wear a face covering if you are more comfortable wearing one.

Full Bar and DJ Barry Dunning of Silverlight Disco on stage.



### DEREHAM DAY, Saturday 13th May 2023

The return of 'Dereham Day' promises a programme packed full of activities and entertainment. Dereham Memorial Hall is again set to play a central role in the festivities again.

Last year, more than 4,000 people of all ages thronged to the hall and Fleece Meadow to interact with more than 40 voluntary and public service organisations. The day event is by and large free! The entertainment at the hall includes Busbybodies, Rockavox, Limelight, Galaxy Twirlers and the Ukraine Centre Voices. Outside will be the petting farm, Morrisons Wonky Veg, the Scouts with a tomahawk throwing challenge, Norfolk Blues Society, bouncy castle and lots more, including food and drink stalls.

There is an evening programme organised at the hall from 7.30pm. A double bill of raconteur, writer & actor John Osborne and then the sea shanty crew, Pot of Gold. Call 01362 696900 for tickets at £12.50 each.

**SENDfest 2023**

**Date** – Saturday 17th June 2023

**Location** – Easton College

**Timings** – 10:00am until 3:00pm

**SENDfest** will bring together children and young people, and their families. A full day Festival style event featuring multisport activities, musical workshops, vocational opportunities and keynote speakers

- Tennis
- Singing
- Community Sports Foundation
- World Music
- Preparation for Adult Life
- DJ-ing
- Disco
- Track and Play
- Football Fun Factory
- Beatboxing
- Wheelchair Basketball
- Plus loads more...

**SIGN UP HERE**

This free to attend ‘festival’ style event is brought to you by Norfolk County Council - a day of fun and activities for families of children and young people with SEND.

SENDfest will feature multi-sport activities, musical workshops, vocational opportunities, Preparing for Adult Life workshops and keynote speakers for families, children and young people with complex needs.

Booking closes 10th May.

**THE BROADS AUTHORITY** launched its guide to Accessible Days Out in the Broads in March to coincide with English Tourism Week 2023.



Well-managed public access is vital to ensuring the Broads remains a spectacular place for escape, recreation and enjoyment for everyone. The Authority is working with partners and businesses to help as many people as possible experience the special magic of the Broads, with wheelchair accessible boats available, visitor attractions with facilities for people with visual or hearing impairments and boardwalks suitable for wheelchair users.

There is a comprehensive guide to accessible days out on the Authority’s website:

<https://www.visitthebroads.co.uk/discover-the-broads/about-the-broads/accessible-visits>

The Nancy Oldfield Trust charity also provides sailing, canoeing, motor cruising and accommodation for disabled and disadvantaged people, as well a team of trained staff and volunteers to ensure everyone has a safe and fun experience out on the water. Call 01692 630572 or email: [info@nancyoldfield.org.uk](mailto:info@nancyoldfield.org.uk).

## NORFOLK LEARNING DISABILITY PARTNERSHIP

[www.norfolkldpartnership.org.uk](http://www.norfolkldpartnership.org.uk)

### North Norfolk Locality Meeting

**Venue:**

About With Friends  
22c Holt Road  
Cromer NR27 9JW

**Upcoming Dates:**

Thur 22nd June, 11am to 12.30pm  
Thur 7th September, 11am to 1pm  
Wed 6th December, 11am to 1pm



### South Norfolk Locality Meeting

**Venue:**

Watton Sports and Social Club  
69 Dereham Road  
Watton IP25 6EZ

**Upcoming Dates:**

Wed 5th July, 11am to 12.30pm  
Tue 10th October, 11am to 1pm

World Laughter Day - 7 May 2023



## CELEBRATE WORLD LAUGHTER DAY on Sunday 7th May WITH A GIGGLE

An apple a day  
really can keep the  
doctor away...

...but only if  
you aim it well.

**Why did the  
golfer bring two  
pairs of pants?**

In case he got  
a hole in one.

**Why can't your nose  
be 12 inches long?**

**Because then it  
would be a foot.**

**Why should you  
always knock on a  
refrigerator door  
before opening it?**

In case there's a  
salad dressing.

**Babies born on  
March 31 are the  
easiest to prank on  
April Fools' Day.**

They were literally  
born yesterday!

**Hear about the  
new restaurant  
called Karma?**

There's no menu:  
You get what you deserve.

**KNOCK, KNOCK.**

*Who's there?*

**Nobel.**

*Nobel who?*

**Nobel...that's why I  
knocked.**

**Why do seagulls  
fly over the sea?**

Because if they flew  
over a bay, they  
would be bagels.

**A ham sandwich  
walks into a bar  
and orders a beer,**

bartender says  
"sorry, we don't  
serve food here."



**Can a kangaroo  
jump higher  
than a house?**

Yes—houses  
can't jump.



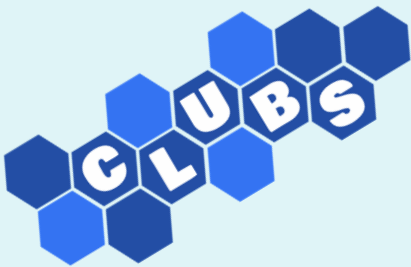
**THE OFFICE AND COMMUNITY SERVICE  
WILL BE SHUT ON EACH OF THE  
MAY BANK HOLIDAYS:  
Mondays 1st, 8th and 29th May 2023**

## **DEREHAM & DISTRICT GATEWAY CLUB**

**at The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED**

**Fridays, 7pm to 9pm**

**£2 entry (plus money for tuck & raffle)**



**NEXT MEETINGS DATES:**

**5th 12th, 19th & 26th May**

**9th, 16th, 23rd & 30th June**

**COME ALONG AND MEET NEW FRIENDS**



**New members are  
always welcome.**

## **STEPPING OUT CLUB**

**We meet at Mid Norfolk Mencap,  
1a Tavern Lane, Dereham NR19 1PX  
on the first & third Thursday of each  
month.**

**7.30pm to 9pm**

**£2 entry fee (plus money for tuck)**

**THE NEXT MEETING DATES ARE:**

**4th & 18th May**

**1st & 15th June**



**Produced by MID NORFOLK MENCAP  
1a Tavern Lane, Dereham, Norfolk NR19 1PX  
Telephone: 01362 693013  
Email: [info@midnorfolkmenca.org](mailto:info@midnorfolkmenca.org)  
Website: [www.midnorfolkmenca.org](http://www.midnorfolkmenca.org)**