



Mid Norfolk Mencap
(also serving North and South Norfolk)

Come and dance the night away
at our amazing

Christmas

Disco

Friday 7th December 2018

7.30pm - 11.30pm

Swanton Morley Village Hall

Christmas Raffle

Nibbles Provided

TICKETS £8.00 for adults

£4.00 for children

(Available from the Mid Norfolk Mencap Office)
Admission by ticket Only

Mid Norfolk Mencap

1a Tavern Lane

Dereham

NR19 1PX

01362 693013

Reminder Annual Membership Renewal !

2018—2019

For those of you who are already part of the Annual Membership, we will be contacting you inviting you to renew.

Joining is an excellent way of supporting the organisation, as all membership fees will be used towards our charitable activities.

If you are interested in joining our MNM membership, then please contact the office.

Membership benefits include:

- A membership card
- Regular and up-to-date publications
- Opportunities to join the Trustee board

Membership will cost £10 per person or £20 per household, per annum

To register your interest in this please contact Lorna or Anya at the office—01362 693013.



Norfolk Learning
Disability Services
Southern Locality Group Meeting

1st November 2018
10.30am-1.00pm

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



Norfolk Learning
Disability Services
Northern Locality Group

19th November 2018
Meeting: 2—5pm

**Note: Change of meeting
venue— Now at
Youngs Park, Woodgate
Way, Aylsham NR11 6UJ**





Get Your Flu Jab

As those who have had the flu will tell you, it is very different to a common cold, at the very least, it can confine even the fittest person to bed and for people with long term health conditions, it can be very serious indeed.

As health care workers, we play an important role in protecting the vulnerable people we support, both in the Community and at Merle Boddy House and the health of the public in general.

With the seasonal influenza impending, and in particular the increased pressure on the health service, being vaccinated yourself is one of the simplest way of protecting and endorsing who we care for, our colleagues, as well as our family members.

The flu vaccine is highly advised and usually free for people aged 65 and over, and to other persons with long standing eligible health conditions. Most surgeries and pharmacies offer the vaccination, which is usually available from September to December.



Seasonal influenza immunisations can be provided free of charge. NHS England and Public Health England, introduced a programme offering free flu vaccination to nursing and care home workers during the 2017/2018 flu season. This will continue for the 2018/2019 season. It has recently published guidance about who will be eligible this winter for a free influenza vaccine. It is targeted at staff employed by a registered residential care/nursing home or a registered domiciliary care provider.

The sooner you have your vaccination, the more effective it will be. You can ask your local pharmacist or GP for the information in obtaining free flu vaccination. Even if you need to pay for the vaccination, it is certainly worth its weight in Kleenex tissues alone.

You can also find information online at www.tinyurl.com/NHSfluinfo

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:-

www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap

**our breckland
lottery**

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



YOU'RE INVITED TO A MOVIE

Cinema nights are coming to Tavern Lane on Fridays once a month.

Our first film is on

Friday 25th January 2019 18.45—21.00

Doors open at 18.45

Watch a film, munch popcorn and eat hot, chip shop chips,

All provided for the grand price of £5.

Pay at the door on the night

Don't forget to Bring extra money for drinks.

Tea, Coffee or Squash, available.

Sit back, relax and enjoy the film.

Each month, a film will be chosen by the attendees for the following months screening.



NORTH NORFOLK CHRISTMAS

DISCO & BUFFET 2018

Will be held on Saturday 1st December
2018 at Holt Community Hall

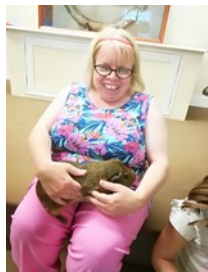
From
18.30—22.00 hrs.

Address:-
11 Charles Road
Holt NR25 6DA

FREE ENTRY

If you would like to attend please
contact the Mid Norfolk Mencap Office
on 01362 693013

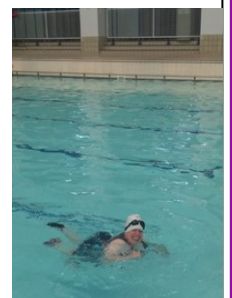
And ask to speak to Lorna or Anya



Community Support News

This month, we take a peek at another person we support here at Mid Norfolk Mencap.

Pam, who is supported weekly, has had a very busy summer. Pam decided that she needed a challenge in life, and decided that she would raise money by completing a sponsored swim for Diabetes UK, So through Independence Matters, Pam swam 40 lengths of the pool at Splash in Sheringham, with a huge grin on her face. Nothing seems to dampen Pam's spirit and determination, which proved invaluable in this event.



Pam also has a passion for animals and spent the rest of her summer and indeed into this Autumn, visiting Banham Zoo and Africa Alive. Pam's first love though is horses! Pam



loves to spend time at Redwings Horse Sanctuary, where she is a familiar face, and loves to see all the horses there. Never mind how big the fields are, Pam and her support worker will trek round to see each and every horse most weeks.





East of England Co-op Community Token Scheme.

We have been busy here at Mid Norfolk Mencap, these past few months, looking for ways to Fundraise for our Sensory and Wellbeing Room. We look for any opportunity to do so we applied to join the East of England Co-op Community Token Scheme, and that our application was successful.

We can now update you, to say that we have very kindly, been awarded a total of £200 from the Co-op. This money will be added to our fund for the Wellbeing and Sensory Room.

Once Again, thank you for all your support in this venture and any future fundraising activities. We know that we can count on your support, as always.



Cromer



Drop in



AGM 2018



Our recent Annual General Meeting was well attended this year.

Many Thanks to our guest speaker Mr. Jonathan Williams, Chief Officer East Coast Community Healthcare, who was very informative with his presentation by computerised power point, talking around the role of social enterprises in community health and social care and partnership working in the charitable sector. We would also like to thank all who attended. The evening was a huge success.

The minutes will be available on our website soon.



Saturday Clubs– November



Swaffham - 3rd November— Cooking jacket potatoes and Firework themed crafting

Dereham - 17th November—starting ‘Christmas’ crafts

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 run every Wednesday morning from 10.30 to 12.30pm and will cost £18 per session.



If you would like to attend the music sessions please contact Oliver on 01603 766690



Family Carer Meetings

The next Family Carers meeting is on



Wednesday 13th November for a Wiggle and a Giggle session

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.midnorfolkmenca.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@midnorfolkmenca.org Website: www.midnorfolkmenca.org



NEWS AND EVENTS



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

5th November —Firework themed evening

12th November —No Meeting

19th November— Christmas Crafts

26th November— Christmas Crafts

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

£1 Entry Fee



Gateway Club

7th November— Zumba

14th Nov ember— Music Club

21st November—Railway Tavern, Fish, Chips & Disco

28th November—Lend me your Ears

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

£1 Entry Fee