

## Sensory Room

We thought it would be good to put pen to paper and let you see what we have now transformed one of our office rooms at Tavern Lane in Dereham into. We have a state of the art sensory room which opens a host of new experiences to people with learning disabilities.

Our room consists of state-of-the-art sensory equipment designed to stimulate the senses through sound, touch, and sight. The equipment we have installed so far includes bubble tubes, mirrors, lighting, projector, speakers, highly tactile accessories, bean bags and soft mats. We know that providing a room such as this helps to promote wellbeing for people with learning disabilities and other vulnerable groups in the community, and for children, older people and those with mental health and long-term illnesses or dementia. Our room can be used in so many different ways - calming, exploring, relief from pain, communication skills, social interaction, independence, safety and security just to mention a few.

We are still fundraising for this project, so we can add further sensory equipment and toys to enhance the experience of the room. We are planning an open day for the sensory room very soon.....so watch this space! If you have any questions, please do feel free to contact the office.





**NEWS AND EVENTS**



**NORTH NORFOLK CHRISTMAS**

**DISCO & BUFFET 2019**

Will be held on Saturday 7th December 2019

at Holt Community Hall,

11 Charles Road, Holt NR25 6DA

From 18.30—22.00 hrs.

**FREE ENTRY**

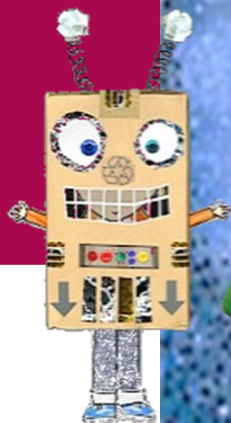


**PLEASE COME IN FANCY DRESS**

If you would like to attend, please contact

the Mid Norfolk Mencap Office on

01362 693013 and ask to speak to Lorna or Anya





## Joan Mann's Sports Day 2019

Another year has flown by, since the last Joan Mann's Sports day. This year however, the Mildenhall air force base decided to change the event from the usual Saturday as in previous years, to a Friday. The change of day enabled us here at Mid Norfolk Mencap to open up and offer the chance for others from the Gateway Club, Stepping out club and Dereham Drop-In along with the Saturday Club members a chance to participate in the fun event.

All participants received a T-shirt to wear with pride and as a memento of the day. The Air base also opens up the areas near the hanger where the games take place for the athletes and their carers to visit the planes, fire engines and police cars on the tarmac if they so wish. Athletes can look around the inside of the planes, or sit inside and press the horns on either of their 1st response cars, police cars, ambulances and fire trucks all of which are of American design.

Participants who were on their first visit to the sports day, thoroughly enjoyed the days activities and are already looking forward to next year's event and are recommending to others, to come along and take part next year.

We would like to thank the American Air Force Base and staff for organising the event.



# 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



## Norfolk Family Carers

Norfolk Family Carers are an organisation that offer a range of services to support family carers. They are pleased to announce their new personal development fund for young adult carers.

The new scheme is offering grants up to £250 for those aged between 16 – 24 year olds who are providing care for a family member needing help due to a disability, physical or mental health problems or addictions. The grant is available to help them gain new skills, whilst having a break from their caring role. They offer support in finding a suitable course.

To qualify, the young adult carers must, live in Norfolk, demonstrate they are unable to fund the course themselves, can provide evidence their household income is below £25,000, and be able to attend the course without assistance. Applications by professional referral only. Courses must be in the U.K.

If you are interested, an application a form needs to be completed (Young Carers Personal Development form). The form can be obtained by visiting [www.norfolkfamilycarers.org](http://www.norfolkfamilycarers.org) or: [info@norfolkfamilycarers.org](mailto:info@norfolkfamilycarers.org)

If you have difficulty in filling in the form, and need advice how to do so, or wish for any further information, please contact Norfolk Family Carers on 10603 219924. They will be pleased to help.





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

**14th November  
10.30am-1.00pm**

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



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

**3rd December  
Meeting: 2pm—5pm**

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



Our recent Annual General Meeting was opened by the Chairperson, Mrs. Pat Grout, who extended a very warm welcome to all members present. Pat addressed the members and briefed them about the performance of Mid Norfolk Mencap during the past year. Pat also brought to notice the member achievements made by Mid Norfolk Mencap during the year and thanked all club leaders and volunteers for their generosity and time they donate.

After the usual vote of thanks, and Annual General Meeting paperwork requirements, it was the turn of Mrs. Anya Rose, to speak to members regarding volunteering here at Mid Norfolk Mencap, and how in particular, we are always looking for persons who can spare a little time to become a volunteer and help in all areas of Mid Norfolk Mencap. Anya gave a warm and inspiring delivery, particularly emphasising that it would be a dream come true if a volunteer fundraising team could be formed to help plan, co-ordinate and partake in fundraising events in the community.

After refreshments, it was the turn of the Guest Speaker Mr. Craig Chalmers, Director of Community Social Work/Caldicott Guardian in Norfolk, who was superb in his deliverance, talking clearly and frankly about the changes in adult social care and how it affects adults with learning disabilities and their family carers. His talk was inspiring and at the same time thought provoking, with many questions being asked and answered forthrightly.

We would like to thank all who attended this year. The draft minutes will be available on our website soon.

Meeting begins



Sensory Room



Mrs. Anya Rose



# *Mid Norfolk Mencap*

*(also serving North and South Norfolk)*

Come and dance the night away at our amazing

## *Christmas Disco*

Friday 6th December 2019

7.30pm - 11.30pm

Swanton Morley Village Hall

Christmas Raffle

Finger Buffet 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







## Saturday Clubs– November

*Please note for this month only, Swaffham and Dereham have swapped over Saturdays.*

**Dereham - 2nd November -General Crafting**

**Swaffham- 16th November– Starting Xmas craft**

**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 at Tavern Lane, in Dereham**



## Family Carer Meetings

The next Family Carers meeting is on  
**Wednesday 13th November 2019**



**Ruth Gooch will be giving a talk on the history of Netherley**

**There will also be a raffle taking place**

**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)**





Cromer

Thursdays

1.00pm—4.00pm

Merchants Place

16 Church Street

Cromer, NR27 9ES

£5.00 entry fee

**Drop In's**

Dereham

Tuesdays and Fridays

10.00am—2.00pm

1a Tavern lane,

Dereham

NR19 1PX

£4.00 entry fee

**Stepping Out Club**

4th November—Carols

11th November—No Meeting

18th November—Xmas Craft

25th November—Xmas Craft

**Gateway Club**

6th November –Zumba

13th November—Music Club

20th November– Albanian

Washing Machine Company

27th November– Lend me your ears

Meeting held at Church House  
Church Street,  
Dereham

7.30—9.00pm

£1 Entry Fee



Dereham Community Hub  
Independence Matters,  
Rash's Green, Dereham

7.00—9.00pm

£1 Entry Fee