



November
2021
Issue

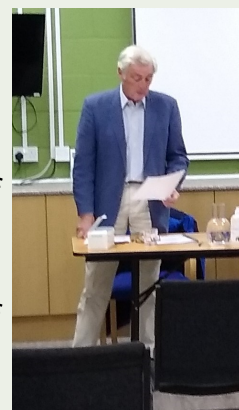


44th ANNUAL GENERAL MEETING

Our recent Annual General Meeting last month on 5th October was opened by Mrs Pat Grout, our Chairperson, who extended a warm welcome to the members and staff present.



She spoke about how the organisation and the various clubs had coped through the pandemic. Along with Jon Gooch, our President, and Jon Rose, our General Manager, she told the audience about how relieved she was that staff and residents of Merle Boddy House had come through the crisis and about hopes for clubs to start again when it was felt it was safe for all involved. The minutes of last year's AGM were approved and signed. These are now published on our website.



Jon Gooch (above) talked through the finances and the struggles ahead for the charity. The 2021 Annual Report and accounts were adopted. Jon Rose (opposite) reiterated his own thanks to all staff for getting through 18 months of unbelievable challenges and talked of his pride in the team he leads.

There was no speaker at this year's AGM, so after the re-election of the President, Trustees and confirmation of auditor, solicitors and bank appointments, refreshments were served.

We would like to thank everyone who attended this year.

See you next October!



INDEPENDENT LIVING SKILLS – ADULT LEARNING

Norfolk County Council are running courses to help people live independently. They will help people learn skills to stay healthy and well, meet new people, make friends, and gain confidence.

Adult Learning runs three different courses:

- **Live Healthy** – learn how to cook meals that are good for you.
- **Live Creatively** – learn how to draw, paint and play music.
- **Live Positively** – learn ways to exercise and do some daily activity, even if it's just walking the dog.



The courses will also help people learn some ways of coping on a daily basis. The courses run from 10am until 3pm and are held in these places:

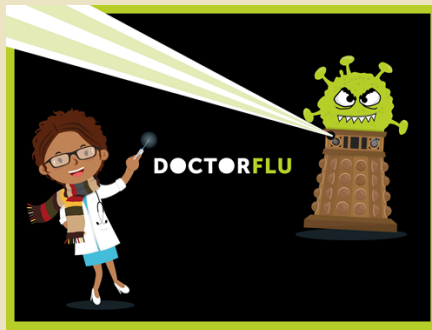
- Attleborough
- Cromer
- Dereham
- Diss
- Great Yarmouth
- Holt
- Hunstanton
- King's Lynn
- North Walsham
- Norwich
- Sheringham
- Sprowston
- Swaffham
- Swanton Abbott



The courses are free if someone earns under £16,009 per year. The course is also free if you have an Educational, Health & Care plan in place with your school/college. Go to:

<https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/living-skills>

WINTER 2021 FLU PROGRAMME

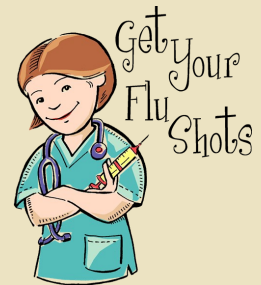


Seasonal influenza (flu) is an unpredictable but recurring pressure that the NHS faces every winter. Vaccination offers the best protection and the free seasonal flu vaccine is to be made available for over 35 million people this year. Although flu activity was low during 2020/21, flu activity this winter may be high. This is because interventions such as shielding and social distancing that were in place during 2020/21 have now been lifted and more of the population may be susceptible to flu this year.

As there may be winter outbreaks of Covid-19, protecting those at high risk of flu, who are also those most vulnerable to hospitalisation as a result of Covid-19, is vitally important. If you belong to one of the groups below, it's important that you have your free flu vaccination. Speak to your GP or practice nurse, or alternatively your local pharmacist, to book a vaccination appointment and get the best possible protection.

Working with the NHS, the government is preparing to deliver the expanded flu programme alongside any booster programme for COVID-19 vaccines as part of wider autumn and winter planning, which centres around protecting as many lives as possible. During the 2021 to 2022 season, which started in September, the flu jab will be available to:

- those aged 6 months to under 50 years in clinical risk groups
- those aged 50 years and over
- unpaid carers
- frontline health and adult social care staff
- all children aged 2 and 3 on 31 August 2021
- all children in primary school and up to year 11 in secondary school
- pregnant women
- close contacts of immunocompromised individuals



Getting your free flu vaccine, if you are eligible, as well as keeping up good habits like regularly washing your hands could help save your life, so please do come forward when you are invited to give you and your loved ones vital protection this winter.

REMINDER FOR ANNUAL MEMBERSHIP RENEWALS

It's that time of year again for Annual Memberships to be renewed.... And if you aren't already an annual member, now is the chance to join for 2021-2022.

We introduced this scheme for the benefit of our service users. All the monies raised for our organisation are used to improve the services we offer, supporting individuals with a learning disability and their families.

We do understand that some of you are already lifetime members, and we are more than happy for you to remain part of our family.

Yearly membership benefits include:

- Opportunity to become a Trustee
- Receive our monthly newsletter, In the Loop
- Membership Card
- Attending our fundraising and social gatherings



If you wish to renew or join our Annual Membership scheme, call or email **Sarah** at the office (on 01362 693013 or sarah@midnorfolkmenacap.org) to receive an application form. You can pay by bank transfer.

This costs £10 per year for an individual membership
or £20 per year for a household membership.



WE ARE RECRUITING

FOR SUPPORT WORKERS

We are currently recruiting for Support Workers to work at our small residential home in Dereham, Merle Boddy House, and also within our Community Outreach Support Services Team.

Please get in touch with
Anya Rose or Sarah Freeman at the office
on 01362 693013
for further information and job descriptions
for both roles.



INDIVIDUAL EMPLOYER FUNDING FOR TRAINING



If you employ your own care and support through a personal budget from social care or health (personal health budget) or using your own money (this is sometimes called being a 'self-funder'), you can apply for funding to train you and your personal assistants (PAs).

Visit the Skills for Care website to find out how to apply, what kind of activities the funding can be used for and links to the application form and FAQs at:

<https://www.skillsforcare.org.uk/Home.aspx>

Closing date for applications is Monday 28th February 2022.

Training that is successfully funded must be started by 31 March 2022.



NORFOLK ADULT CARE AND SUPPORT GUIDE

The latest edition of the Norfolk Adult Care and Support Guide is available to view at: www.norfolk.gov.uk/careservices as either an e-book or as a downloaded PDF.

The publication contains lots of useful information to support people to be independent, resilient and well in Norfolk. There is information about how to get help and support, what kind of services are available, and details of other organisations that can help. It will be available free in libraries, GP surgeries and other places across Norfolk. It will also be available to request through their customer service centre on 0344 800 8020.

This comprehensive guide to adult social care in Norfolk provides you with information covering falls prevention, safety in the home, accessing help from social care and much more.



IMPORTANT NOTICE:



POSTPONEMENT OF FAMILY CARERS MEETINGS

The next meeting was scheduled for Wednesday 10th November, but after an honest conversation at the October gathering, it was decided that it is still a very worrying time for those vulnerable groups that attend.

The meeting dates for 2022 will be reviewed for the Spring and we hope to gather for a meeting in March and then monthly again next year, so it is with a heavy heart and regret that all meetings are postponed until further notice.



BOOSTER VACCINATIONS



Booster vaccine doses are now available on the NHS for those most at risk from COVID-19 who have had a second dose of a vaccine at least 6 months ago. This includes:

- people aged 50 and over.
- people who live and work in care homes.
- frontline health and social care workers.
- people aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19.
- carers aged 16 and over.
- people aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis).
- people who are pregnant and in 1 of the eligible groups can also get a booster dose.

The NHS will let you know when it's your turn to have a booster dose. It's important not to contact the NHS for one before then. Most people will be invited to book an appointment at a larger vaccination centre, pharmacy or local NHS service such as a GP surgery. Frontline health or social care workers can book a booster dose appointment online. You do not need to wait to be contacted by the NHS.

You can also book your booster dose online if you have been contacted by the NHS and you are either:

- aged 50 and over.
- aged 16 and over with a health condition that puts you at high risk from COVID-19.

E-LEARNING FOR UNPAID CARERS

Health Education England are supporting a free online learning course and resources for unpaid carers to help in their day-to-day caring roles. An unpaid carer is anyone who provides care and support to a family member, friend, neighbour, or someone in their community due to a disability, health condition, mental health problem or other health and care needs.



This free online resource aims to support you in taking care of yourself and carrying out your day-to-day caring role. It includes bite-sized e-learning sessions, developed with expert advice from Carers UK, with online links and a downloadable resource guide. Topics include your rights to benefits, support for carers and caring for those with visual or hearing impairment.

You can find the resources at:

[https:// www.e-lfh.org.uk/programmes/ supporting-unpaid-carers/](https://www.e-lfh.org.uk/programmes/supporting-unpaid-carers/)

With Fireworks Night this month,
here is the whole version of the English folk verse
The Fifth of November (c. 1870):



Remember, remember!
The fifth of November,
The Gunpowder treason and plot;
I know of no reason
Why the Gunpowder treason
Should ever be forgot!
Guy Fawkes and his companions
Did the scheme contrive,
To blow the King and Parliament
All up alive.
Threescore barrels, laid below,
To prove old England's overthrow.
But, by God's providence, him they catch,
With a dark lantern, lighting a match!
A stick and a stake
For King James's sake!
If you won't give me one,
I'll take two,
The better for me,
And the worse for you.
A rope, a rope, to hang the Pope,
A penn'orth of cheese to choke him,
A pint of beer to wash it down,
And a jolly good fire to burn him.
Holloa, boys! holloa, boys! make the bells ring!
Holloa, boys! holloa boys! God save the King!
Hip, hip, hoor-r-r-ray!



The Gunpowder Plot was a failed assassination attempt against King James I of England by a group of English Catholics. The conspirators' aim was to blow up the House of Lords at the State Opening of Parliament on 5th November 1605, while the king and many other important members of the aristocracy and nobility were inside.

The conspirator who became most closely associated with the plot was Guy Fawkes, who had been assigned the task of lighting the fuse to the explosives. When we light bonfires to remember this event, traditionally there is a dummy man on the top called the 'Guy' to represent Guy Fawkes.

Versions of the poem opposite have been wide spread in England for centuries.

Stay safe at bonfires and firework displays



Never go back to a firework that's been lit — even if it hasn't gone off



Follow instructions carefully and light fireworks at arm's length



Keep animals indoors and close curtains



Ensure spectators stand back from bonfires and fireworks



Only purchase fireworks from a registered seller



SPECIAL CELEBRATION DAYS IN NOVEMBER 2021



1st, World Vegan Day

4th, Diwali, the Hindu Festival of Lights



5th, Guy Fawkes Night



7th, Marie Curie's birthday



9th, Anniversary of the fall of the Berlin Wall

11th, Remembrance Day



13th, World Kindness Day

14th, World Diabetes Day

15th—19th, World Nursery Rhyme Week



19th, World Toilet Day



19th, Children in Need Day



21st, World Television Day

22nd, George Eliot's birthday—Mary Ann Evans, known by her pen name George Eliot, was one of the leading writers of the Victorian era.

25th, Thanksgiving



28th, start of Hanukkah



30th, Winston Churchill's birthday



ROOM VACANCIES AT MERLE BODDY HOUSE

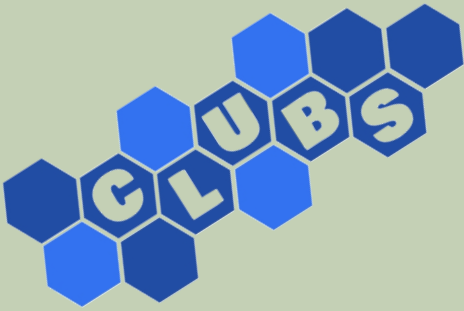


We currently have two vacancies at Merle Boddy House, a downstairs bedroom overlooking the garden and an upstairs bedroom at the front of the house. There are communal living areas where you can relax or do activities of your choice. The residents are happy and friendly and would welcome two new friends to join them.

Merle Boddy House offers residential care for up to ten adults with Learning Disabilities. Our aim is to provide a happy, friendly and safe home environment and to meet the individual needs of each and every resident. Every resident has their own room which is decorated to suit their own style and personality. The communal areas of the house are bright and airy and there are several outdoor spaces. We are located in a prime location, near to Dereham town centre, public amenities and major bus routes.

The staff at Merle Boddy House are experienced and well trained. They strive to meet the individual needs of the residents whilst keeping them happy, comfortable and safe. At the same time, staff provide residents with the freedom to be themselves.

If you are interested in the service we can provide and would like to have a chat or come and visit, then please call **Wendy Lea, our Registered Manager, on 01362 694643.**



Unfortunately we still have no start dates for:

DROP INS in DEREHAM & CROMER

SATURDAY CLUBS in DEREHAM & SWAFFHAM

We are thinking of the safety and wellbeing of all our club members and will probably now be waiting until the new year to open up again.

We know lots of you will be disappointed and the decision made has been hard, but we feel it is the right thing to do.

GATEWAY CLUB

All meetings of this club are still cancelled due to Covid 19.

We will keep you updated when there is a reopening date but again, as with the clubs above, the hard decision has been made in order to keep everyone safe, so will now be in 2022.

CARERS' LOCALITY MEETINGS

Meetings are currently online via Zoom. These meetings are for carers and people working with carers to come together and share information about services and support for carers. They are an opportunity to identify what could be improved and co-develop solutions to gaps in support.

Norwich Locality Meeting – Wednesday 3rd November

North Norfolk Locality Meeting – Wednesday 10th November

Membership to these meetings is open and carers are welcome to attend all of a meeting or drop in/out as suits their circumstances from 10.30am to 12.30pm.

Please email info@carersvoice.org
or call Catherine on 07932 095312 or Sophie on 07932 095260.



STEPPING OUT CLUB

The first meeting in a long time took place on Thursday 14th October.

Meetings take place at Church House, Church Street, Dereham 7.30pm — 9.00pm with a £1.50 entry fee.

Their new meeting day is Thursdays and future dates are:

4th & 18th November and 2nd & 16th December.

