



Our Annual General Meeting for 2022 took place last month on Tuesday 4th October. This is a mandatory annual assembly to allow members to hear reports on the achievements and work of the charity over the year, to elect Trustees for the next year and ask questions.

The 45th AGM was opened by our Chair, **Mrs Pat Grout**, who extended a warm welcome to the room full of members and staff.



After confirming that our guest speakers from Norfolk County Council would be joining the meeting after refreshments for a Q&A session, Mrs Grout spoke about the challenges the organisation had faced over the last year, and the development of a robust strategy set by Norfolk County Council that is being worked towards. She thanked all the managers and support staff who have worked hard over the last year, and also fellow Trustees for their dedication and time to the charity.

Mrs Grout presided over the re-election of the President, Trustees and confirmation of auditor, solicitors and bank appointments.

Pat was also pleased to remind everyone that the much missed Gateway Club was starting again on Friday 7th October, now meeting on Fridays at The Meeting Point in Dereham.





Our President, **Jon Gooch**, encouraged everyone to read the informative Annual Report (with its new easy read section on income and expenditure). He confirmed that the Community Outreach Service continues to grow, and has financially been a great success story. Whilst Merle Boddy House is still struggling to balance the books, Mid Norfolk Mencap has weathered the storm so far. The annual accounts were adopted by those present.

Mr Gooch stressed the importance of continuing to strengthen the organisation's financial position, particularly through fundraising, but nevertheless the finances are sound.

After the meeting, General Manager **Jon Rose**, reported: *I was really pleased to see some of our members who we haven't seen for several years due to the pandemic, it was lovely to catch up with you. It is a time that we can get together and for you to let us know what is important to you and look at ways that we can help. Your support as members is extremely valuable to us as a charity and we would love to see more of you next year. It is also a time to celebrate the work we do and for me to publicly thank everyone involved with the quality support we give and to the managers and staff team who work so hard.*



We were very fortunate this year to have **Craig Chalmers**, Director of Community Social Work, and **Corinne Avery**, Head of Social Care for Adult Learning Disabilities, at Norfolk County Council (NCC) attend as guest speakers. Craig gave an overview of the current situation within NCC, and then opened discussions by answering questions from the floor, as he and Corinne were keen to hear about people's thoughts and experiences.

Clearly there will be further financial stressors due to the current cost of living crisis, however, both speakers were very clear that they will do all they can to help our sector. We will have to wait and see what happens. There is an ongoing push for supported living in the county which does allow for better security through having tenancies, than that of being a resident in a residential home. As with everyone else, NCC are 23% down on social workers and this may have a knock on effect on reviews which should be yearly, however they are looking at strategies to get these done on time.



All in all, a very lovely evening.

A big thanks to Anya and Sarah for organising the event and all the paperwork involved.

See you next October!





## SENSORY ROOM FOR HIRE

We had our Sensory Room open during our AGM last month for our members and guest speakers to pop in to see the great stimulating space it is. Craig Chalmers was very impressed with the room. It is now open for bookings.



With many different needs and requirements catered for, the room creates a wonderful sensory environment and allows clients to relax in a calm space. A brilliant visual experience is offered with the bubble tubes and fibre optics (for distraction and visual stimulation), along with bespoke bench seating and floor pads for protection as shown opposite, colour changing mood lighting (for distracting and calming), an interactive wireless sensory cube and recordable speaker.



A Sensory Room is a specially designed space aimed to stimulate the senses, encouraging engagement and/or promoting de-escalation. Sensory experiences can be hugely beneficial to children and adults alike. They are great for promoting a range of developmental skills, for example, colour recognition, hand-eye co-ordination and fine & gross motor skills. They can be extremely useful for people with autism, sensory processing disorders, social, emotional & behavioural difficulties and profound & multiple learning difficulties.

**Room hire is charged at £10 per hour and is open to all in the community.**

**Please call Sarah in the office to book, 01362 693013.**

## 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 2022-2023.

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](mailto:sarah@midnorfolkmenacap.org)) to receive an application form. Ask for details on how to pay by bank transfer.

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

# DEREHAM & DISTRICT GATEWAY CLUB

## Events Calendar Autumn 2022

**New venue: The Meeting Point,  
4 St. Withburga Lane, Dereham NR19 1ED**  
**New day: Fridays, 7pm to 9pm**  
**£2 per week (plus money for tuck & raffle)**



7<sup>th</sup> October Welcome back  
& celebration cake  
14<sup>th</sup> October Music Club  
21<sup>st</sup> October Halloween Night



4<sup>th</sup> November Bingo  
11<sup>th</sup> November Music Club  
18<sup>th</sup> November Zumba  
25<sup>th</sup> November Christmas Crafts



9<sup>th</sup> December Music Club  
16<sup>th</sup> December Christmas Disco



6<sup>th</sup> January Club Night  
13<sup>th</sup> January Music Club



**COME & JOIN US**

We are always looking for new members to come along.



**COME AND DANCE THE NIGHT AWAY AT OUR  
CHRISTMAS DISCO**

**on Friday 2nd December 2022**

**7.30pm - 11.30pm**

**at Swanton Morley Village Hall**



**Join Tinsel Tim with his party music, snow machine and pom pom snowballs!**

**TICKETS ARE AVAILABLE NOW & SELLING FAST**

**Adults: £8 each**

**Children under 12: £4 each**

**Price includes buffet and the bar will be open.**

**There will be a Christmas Raffle.**

**Phone or email Sarah at the  
Mid Norfolk Mencap office to get your name  
on the guest list for tickets:**

**Tel: 01362 693013**

**Email: [sarah@midnorfolk Mencap.org](mailto:sarah@midnorfolk Mencap.org)  
1A Tavern Lane, Dereham NT19 1PX**

**Payments will be taken by BACS.  
If you are unable to pay by bank transfer,  
we will still accept cash or cheque.**





## THE LEARNING DISABILITY REGISTER

People with learning disabilities don't always get the right help with their physical and mental health. The Learning Disability Register is a list of people who have learning disabilities and doctors use it to make sure that people with learning disabilities get the right support in the right ways.

Being on the register tells healthcare staff that they need to adapt their support and care to you and your situation. If you are over 14 and on the Learning Disability Register, you also get a free annual health check to make sure that you are fit and healthy, and that no problems or illnesses have been missed. This is also a good chance to get to know your doctor better. All people on the Learning Disability Register are eligible for a Covid-19 vaccination as part of priority group 6. If you have a learning disability, you need to be on the register to access your vaccination.




### HOW DO I GET ON THE LEARNING DISABILITY REGISTER?

Speak to your GP practice to check if you are on the register. The register is for anyone with a learning disability, including mild learning disabilities. Children with learning disabilities can also join the register. If you aren't on your GP's learning disability register, staff at the GP practice can add your name for you. You will need to make an appointment to tell your doctor that you have a learning disability.

Here is a link if you want to print off an easy read letter to your GP re access needs:

<https://www.mencap.org.uk/sites/default/files/2017-03/GP%20Access%20needs%20letter%20Final.pdf>



**Being on your GP Learning disability register means you will also get an annual health check, a free flu vaccine and your GP surgery can make reasonable adjustments to help you.**



The **Care Quality Commission's** annual assessment of health and social care in England over the past year was published on 21st October 2022. The report looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve.

It has highlighted a "deluge" of unmet need, with increasing numbers of people unable to access social care. The social care system is on the brink of collapse and at the heart of these problems are staff shortages and struggles to recruit and retain staff right across health and care.

People with a learning disability should be actively involved in decisions affecting their own care but instead, they are left waiting and, as a result, are at increased risk of harm and are experiencing poorer quality care. We need more funding from government to deal with these pressures, to improve access to timely care and support and address the recruitment and retention crisis in the social care workforce.

The full report can be found at: [https://www.cqc.org.uk/sites/default/files/2022-10/20221021\\_stateofcare2122\\_print.pdf](https://www.cqc.org.uk/sites/default/files/2022-10/20221021_stateofcare2122_print.pdf)

## SPECIAL CELEBRATION DAYS IN NOVEMBER 2022



5th, Bonfire Night, be safe and follow the firework code.

6th, National Saxophone Day, celebrated annually on the birthday of Belgian instrument maker & inventor, Adolphe Sax.

11th, Remembrance Day, at the 11th hour on the 11th day of the 11th month of 1918, the Great War ended.

12th, Lord Mayor's Show in London.

13th, World Kindness Day.

14th-20th, Sugar Awareness Week, this year's theme is 'Breakfast'.



18th, Children in Need appeal day.

20th, Stir Up Sunday, an historical baking tradition on the last Sunday before advent when the cooking of the Christmas pudding is started with everyone given a turn to stir it for good luck (East to West).



20th, St. Edmund's Day, the original Patron Saint of England and King of East Anglia, killed by Danish invaders on this day 869.



20th, the 22nd FIFA World Cup starts in Qatar.

21st, 50th annual World Hello Day. Anyone can participate simply by greeting 10 people, demonstrating the importance of personal communication for preserving peace.



25th, Black Friday. The day after Thanksgiving and is symbolically seen as the start of the critical holiday shopping season with many stores offering discounted prices.

30th, St. Andrew's Day, Patron Saint of Scotland.



### WHY WE WEAR A POPPY

The poppy flower only grows in the absence of other flowers and only in ground that has been churned. In May 1915, when Canadian Dr John McCrae observed poppies growing between the crosses on the soldier's graves, it inspired him to write the poem *In Flanders Fields*. It is now the best known poem of World War I. The poppy has since become a symbol to remember those who have lost their lives in conflicts around the world and those who have been killed as a result of terrorism.

The money raised from the selling of poppies is used to help servicemen and women who are still alive helping veterans who may need to find new jobs or somewhere to live, or any other support they may need. It is also used to help those who have lost loved ones because of wars.

While the majority of people wear their poppy on their chest, there is no right or wrong way to wear a poppy. As the Royal British Legion says: "We only ask you to wear it with pride".



### *In Flanders Fields*

*In Flanders fields, the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe;  
To you from failing hand we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We should not sleep, though poppies grow  
In Flanders fields.*

~ John McCrae ~





**Mid Norfolk Mencap** are still working hard to get all the clubs and drop in sessions open again in Dereham, Cromer and Swaffham.

**PLEASE BE PATIENT & WATCH THIS SPACE!**  
See **INSIDE** for **GATEWAY CLUB** details.

# STEPPING OUT CLUB



We now meet at  
**Mid Norfolk Mencap premises**  
**1A Tavern Lane, Dereham NR19 1PX**  
7.30pm to 9pm  
with a £2 entry fee (plus money for the tuck shop).



From October 2022, we will meet on the **first** and **third** Thursdays each month, with the next meetings on:



**3rd & 17th November**  
**1st & 15th December**



**COME & JOIN US**

We are always looking for new members to come along.  
We try to organise a different activity every week.

## ESSENTIAL WINTER PROTECTION



There are two essential vaccines that you may need this winter – flu and COVID-19 booster. Vaccines are the best way to protect yourself, friends and family from these dangerous viruses.

Find out if you're eligible now at  
[nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

Produced by MID NORFOLK MENCAP, 1a Tavern Lane, Dereham, Norfolk NR19 1PX

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