



November
2023
Issue

In The Loop



OUR ANNUAL GENERAL MEETING

Our 46th AGM took place on Tuesday 3rd October, opened by Mrs Pat Grout, the outgoing Chairperson. She extended a warm welcome to the audience of trustees, family carers, members, some of our residents at Merle Boddy House and staff. 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.

President Jonathan Gooch and Jon Rose, General Manager, then spoke on the achievements and work of the charity over the year.

Pat was thanked for her work over many years as our Chair and presented with flowers. She will continue to be a trustee and lead the Gateway Club.



After the break, we were lucky to have two speakers from Norfolk County Council's Adult Learning Disabilities Team (Corinne Avery, Head of Social Care, and Anna Fairhurst, LD Commissioning Manager) join us to discuss NNC's priorities for the year ahead.

See page 3 for a link to part of their presentation.

Passionate discussions went on for a while afterwards with great questions from the audience challenging the speakers.



Lest We Forget



Norfolk County Council Adult Social Services

Priorities 2023-24

Corinne Avery – Head of Social Care – Adult Learning Disabilities



Anna Fairhurst – Commissioning Manager

If anyone would like a copy of the Powerpoint presentation given by Corinne Avery and Anna Fairhurst at our AGM, we can email you the PDF version. Please let Sarah in the office know and she will arrange this.

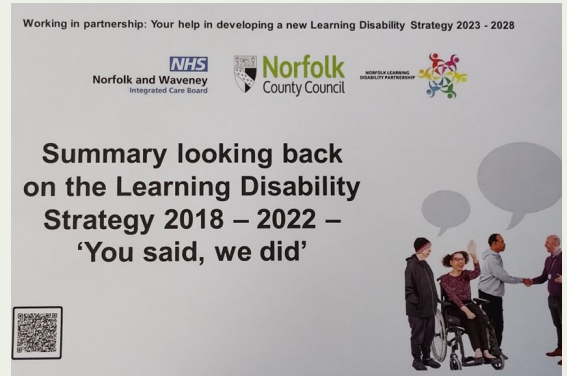
Part of their presentation included:

“Looking Back on the 2018 - 2022 Learning Disability Strategy - You Said, We Did summary”.

This is the link for the Easy Read version:

<https://www.norfolkldpartnership.org.uk/wp-content/uploads/2023/08/Easy-Read-Looking-Back-LD-Strategy-2018-2022-Summary.pdf>

Again, Sarah in the office can email this to you as a PDF if you contact her.



REMINDER FOR



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 2023-2024.

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*.
- Attend our AGM.
- Invitations to 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. Ask for details on how to pay by bank transfer.

We have recently moved from Barclays Bank to NatWest.

**Individual membership is £10 per year and
Household membership is £20 per year.**

RAMAKRISHNAN VALLEPUR HANUMANTHAPPA

Dr VHR Krishnan sadly passed away at home on 28th September aged 71 years. Some of you may know Dr Krishnan from his 40 year NHS career, finally as a Consultant in Developmental Neuro-Psychiatry. He worked with adults with learning disabilities and many of you will have met him or been seen by him. It is a huge loss to the learning disabilities community. We send our heartfelt condolences to his family at this sad time.



The funeral service is at St Faith's Crematorium on 31st October at 12.30pm, followed by the wake at Sprowston Manor at 1.45pm. All those who wish to pay their respects are welcome to attend.

Any donations in memory of Dr Krishnan may be made payable by cheque to: Learning Disabilities General Fund Hertfordshire Partnership NHS Foundation Trust, c/o Gordon Barber Funeral Directors, 317 Aylsham Road, Norwich, NR3 2AB.

It's **#TimeToAct** on the *Mental Health Bill.*

The Mental Health Act is in urgent need of reform to make sure people with a learning disability are not wrongly locked away.

It's a human rights scandal that you might not have heard of – over 2,000 people with a learning disability and autistic people are being held in inpatient mental health hospitals often far from

home and family, at an increased risk of abuse and neglect.

Too many are there not because they need inpatient mental health treatment – they are locked up because there is a lack of the right support in the community to meet their needs, including skilled social care support and suitable housing.

Since the Winterbourne View hospital scandal, uncovered by BBC's Panorama in 2011, the government has repeatedly made promises to bring people out of hospital and back into their local community with the right support, near their family and friends. But progress by government, the NHS and local authorities has been far too slow. The government committed to reducing the number of people with a learning disability and autistic people in England in mental health hospitals by 50% by March 2024. It is estimated that the government will miss this target by more than four years.

People should be able to live in homes, not hospitals. Join the fight for their freedom by taking action today. Help end this scandal!

Maria Caulfield MP is the Minister responsible for the Building the Right Support action plan. You can either ask your MP to write to Maria Caulfield MP to show you will not stand by and let this scandal continue, or there is an online form you can easily submit on the Royal Mencap website at: <https://www.mencap.org.uk/>

Every letter or email helps the cause.

No freedom, no dignity, no life!



**COME ALONG TO OUR ANNUAL
CHRISTMAS DISCO**

on Friday 8th December 2023

7.30pm - 11.30pm

at Swanton Morley Village Hall

Join "Tinsel Tim"
with his party music,
snow machine and
pom pom snowballs
for a fun night out!



Adult Tickets: £10 each

Price includes Christmas buffet and the bar will be open.

This year we have a VERY special guest coming!!

There will also be a 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



We would prefer payments to be made by BACS.
See below for our new MNM NatWest bank details.

If you are unable to pay by bank transfer,
we will still accept cash or cheque.



We have recently moved our bank account from Barclays to NatWest.
Any future BACS payments to Mid Norfolk Mencap
(for disco or BBQ tickets, annual memberships, donations or 100 Club etc)
should be made to:

Account Name: Mid Norfolk Mencap

Account No: 56315503

Sortcode: 60 - 07 - 47



MORE CHANGING PLACES FOR NORFOLK

North Norfolk District Council has opened a Changing Places facility in North Walsham.

The Council's new facilities in Vicarage Street opened on 3rd October and include male and female toilets, a family room, a 24 hour gender-neutral room, an accessible room and Changing Places facilities. One car parking space has been assigned for Changing Places users, and there is also parking at the nearby Vicarage Street car park. A Changing Places toilet is designed to accommodate the needs of people with restricted mobility and features grab rails, a hoist system, a height-adjustable changing bench, more floor space for manoeuvrability and alarm cords.

With the opening of the Vicarage Street toilets, the council now provides five Changing Places facilities across the district, ensuring that anyone with complex health and mobility issues can plan days out in the district confident that there are toilet facilities available to meet their needs. North Norfolk currently has Changing Places facilities at North Norfolk Visitors Centre in Cromer, Reef Leisure Centre in Sheringham, Stearman's Yard Car Park in Wells, Queens Road Car Park in Fakenham and now North Walsham. Further schemes are planned at The Leas in Sheringham and Albert Street in Holt.

A new, fully accessible Changing Places toilet has been officially opened at Banham Zoo. This comes after Breckland Council successfully sourced £60,000 in national funding to help Banham Zoo develop this new facility for visitors.

Scan for Q&A's or find on NANSAs Website.

Norwich Support Group
Supporting Families affected by diagnosed/undiagnosed Special Educational Needs & Disabilities
at Nansa Family Centre
33 Woodcock Road NR3 3TT

MONDAY'S WEEKLY TERM TIME ONLY
10AM-12PM

Drop in at any time for chat with other parents/carers and one of our friendly Family Support Advisors

Refreshments provided

More Info : www.nansa.org.uk/sensational-families/

nansa
NORFOLK AND NORWICH SEND ASSOCIATION

COMMUNITY TRAVEL SERVICE

Transport Plus is a community transport service provided by Norfolk County Council. It is a service using volunteers to enable eligible adult members of the public to access essential health, social and wellbeing services.

To make a booking call:

0344 800 8020

Monday to Friday

9am to 5pm



They require three days' notice and you can book up to two weeks in advance. There is a charge of 45p per mile and you will be required to pay the cost of the journey in cash directly to the driver on the day of travel. No other method of payment is accepted.

While they do their best to undertake all journeys, requests are subject to transport being available.

BEACH WHEELCHAIR HIRE



GREAT YARMOUTH BOROUGH COUNCIL

Book now to hire a beach wheelchair at Gorleston Beach

FREE

Everyone can enjoy the beach!
Book up to 14 days ahead

Hire from 8am to 8pm – come and go within those times on your day of hire

marketing@great-yarmouth.gov.uk

A beach wheelchair has arrived at Gorleston beach!

We know it's probably not the best beach weather at the moment, but sometimes a bracing morning or afternoon on the beach is just what you need even in the winter time?!

Bookings are taken up to 14 days ahead via:
<https://clubspark.net/GorlestonBeachWheelchairHub/>

Hire is **free** but booking is essential!
Hire times are from 8am to 8pm and available all year round.
The Beach Wheelchair Hire is managed by Great Yarmouth Borough Council, funded by the Experience Project.

There is also a beach wheelchair at Great Yarmouth but only available until the end of October.

NORFOLK LEARNING DISABILITY PARTNERSHIP

www.norfolkldpartnership.org.uk



NORWICH Locality Meeting

Venue:
The Willow Centre,
1-13 Willowcroft Way,
Cringeliford NR4 7JJ

Next meeting:
Tue. 16th January 2024

WEST NORFOLK Locality Meeting

Venue:
Parkview Resource Centre,
Birch Tree Close, London Road,
Kings Lynn PE30 5QD

Next meeting:
Tue. 30th January 2024

NORTH NORFOLK Locality Meeting

Venue:
About With Friends
22c Holt Road
Cromer NR27 9JW

Next meeting:
Wed. 24th January 2024

SOUTH NORFOLK Locality Meeting

Venue:
ASD Helping Hands,
Room 412-416,
Breckland Business Centre,
St. Withburga Lane, Dereham NR19 1FD

Next meeting:
Wed. 1st November, 1.30pm to 3pm
then Wed. 7th February 2024



DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED
Fridays, 7pm to 9pm

£2 entry (plus money for refreshments & raffle)

THE NEXT MEETINGS DATES ARE:

Fridays 3rd, 10th, 17th & 24th November 2023



During the Craft Night sessions, members are beginning to make memory books.

Here are some decorating their folders.



STEPPING OUT CLUB



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

7.30pm to 9pm £2 entry fee

THE NEXT THURSDAY MEETING DATE IS:
7th December. No meetings in November.

New members are always welcome.



Produced by MID NORFOLK MENCAP
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