



Mid Norfolk Mencap
43rd Annual General Meeting
Via Zoom



This year due to Covid19 and the government distance rulings, we were unable to hold our AGM as usual in our offices at Tavern Lane but fortunately with modern technology, members were able to participate in the Meeting which took place via Zoom on 6th October 2020 at 6.30pm.

The AGM 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 the necessary attention to the AGM paperwork, participating members were invited to share any concerns or ask questions pertaining to Mid Norfolk Mencap.

The meeting concluded at 7.05pm We would like to thank all who participated via Zoom this year. The draft minutes will be available on our website in the near future.

In This month's issue, we take a sneak peek behind the doors of the Staff working at our Head office at Tavern Lane in Dereham.

Phones ringing, doors slamming, photocopiers whirring, voices talking, kettles whistling, microwaves pinging, washing machines spinning, keyboards tapping, these are the sounds that can be heard everyday, all day at the Tavern Lane Offices in Dereham.

This is a very busy place for our organisation, where jobs are quietly undertaken to help Mid Norfolk Mencap run smoothly (well mostly) just like a well oiled machine, with all the clunks and clicks in the right place 5 days a week.



Working at the Tavern Lane Offices are the General Manager, the Deputy Manager, The Outreach Team Leader, the Public Relations Manager, the Finance Manager and finally the Administrative Assistant. All of them work tirelessly every day, in their job roles, making decisions, problem solving, meeting and greeting members of the general public, supporting the staff both at Merle Boddy House and here at Tavern Lane, spending time having a friendly chat with all our members and clients of whom we support who drop in for a natter and a cup of tea. No two days are the same, I assure you, but the staff here are adaptable and are willing to put their hands in to help out when needed to ensure the office runs without a hitch. (well that's the general plan, does it happen, hand on heart I say *mostly*).



Working outside of 'office hours' is frequently common for the staff here on projects which require organising and participating in - examples of these occasions are:- the Dereham Carnival, Mid Norfolk's Annual Discos', North Norfolk Dances and BBQ's, quiz nights, and fetes, just to mention a few, then there are the fundraising evenings that the staff participate in. At these busy times of the year, you will see the staff, frantically shopping, grabbing pints of milk and goodies for the buffets., using their muscles to push their trolleys full of foods in a straight line out of the supermarket. All the office staff are adept at making last minute changes, which adds to the excitement of their job roles along with the fun of chasing their own tails at times. Often 'meeting yourself' coming back is common!



Then there is the job of playing postman with all the monthly editions of the Loop that need posting. 70 odd copies every month, need to be sent off, here the Administrative Assistant comes into play each month, making her way to the nearest post-box usually Morisons or Tesco's, as their post box is collected late afternoon deftly sliding all the envelopes through a tiny teeny weeny slit on the post box. No mean feat. (The administrative assistant has got this procedure down to a fine art believe me!)

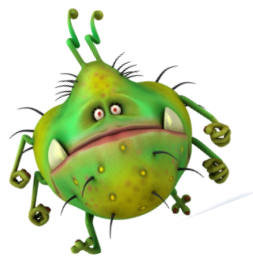


This is a very busy place. It might appear when visiting, we are all calm and serene, with our nonchalant Laissez faire attitude ,but take it from me, sometimes, yes *sometimes*, there is panic bubbling just underneath their demeanour but they will always greet you with a **smile.....**They can cope with the unexpected,

they are..... *Masters At This!*

WINTER FLU JAB

Get your Flu Shot!



Due to the global Covid19 pandemic, it is more important than ever that you get your flu vaccination this winter.

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, due to the Coronavirus pandemic, 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 NHS are strongly recommending vaccination for frontline health and social care workers. The flu vaccine usually free for people aged 65 and over, and to other persons with long standing eligible health conditions and persons in long-stay residential care homes. Most surgeries and pharmacies offer the vaccination, which is usually available from September to December.

Seasonal influenza immunisations can be provided free of charge at present to nursing and care home workers during the 2020/2021 flu season. It has 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 a free flu vaccination. Even if you need to pay for the vaccination, it is certainly worth taking care of yourself and others and keeping Britain Safe.

You can also find information online at both

www.tinyurl.com/NHSfluinfo

www.england.nhs.uk





Motor Cars

R	A	D	A	L	R	O	S	U	N	B	E	A	M
Y	R	T	O	B	A	U	S	T	I	N	Z	V	R
I	V	N	H	Y	E	L	I	R	P	T	I	M	O
N	M	U	E	D	R	R	E	N	A	U	L	T	V
A	V	D	I	G	O	C	V	L	O	T	U	S	E
H	D	V	I	I	A	A	E	S	A	O	F	R	R
U	A	N	A	U	R	W	L	V	I	I	R	L	O
M	L	A	I	C	E	P	S	G	M	R	B	O	U
B	A	M	V	O	L	V	O	K	S	R	R	U	C
E	U	L	O	R	L	R	U	N	L	A	I	O	B
R	D	L	N	E	M	S	O	D	R	O	F	O	M
D	I	I	D	Y	E	S	L	O	W	O	V	W	S
W	S	H	N	O	I	N	U	O	T	U	A	U	L
O	G	S	E	D	E	C	R	E	M	L	E	Y	I

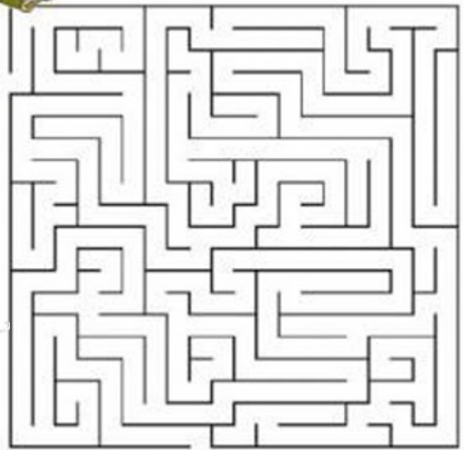
- MG SPECIAL
- FORD
- RILEY
- MORRIS
- VOLKSWAGEN
- ZIL
- AUDI
- AUTO UNION
- AUSTIN
- HILLMAN
- VOLVO
- MERCEDES
- LADA
- ROVER
- HUMBER
- SUNBEAM
- RENAULT
- WOLSEY
- LOTUS

← Word Search
Can you find all the cars listed ?



Gunpowder Plot Maze

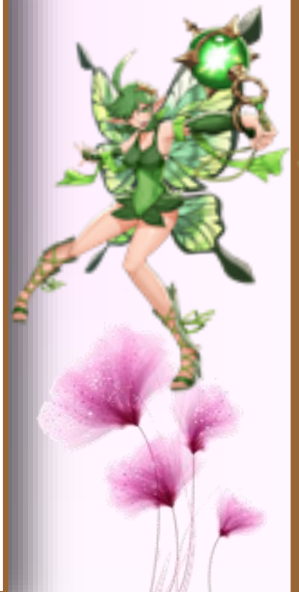
Help Guy Fawkes find his way through the maze to light the gunpowder.



Puzzle Maze
Can you help the Guy Fawkes to find his way through the maze to the gunpowder?



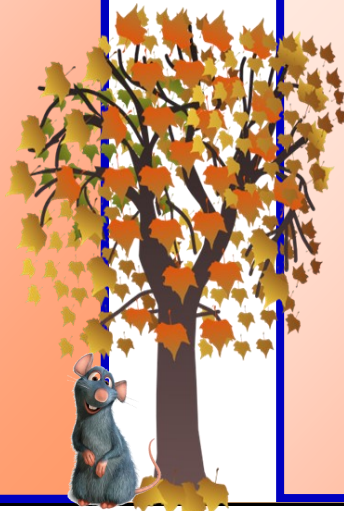
Guy Fawkes Colouring



Norfolk Learning
Disability Services
Southern Locality Group
Meeting

Cancelled till
further notice

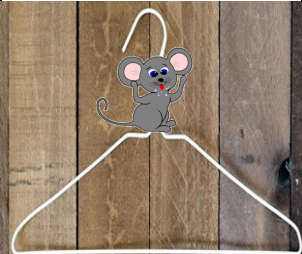





The Annexe,
Watton Sports Centre
118 Dereham Road
Watton, IP25 6HA



Norfolk Learning
Disability Services
Northern Locality Group
Meeting

Cancelled until
further notice

Note: Change of meeting
venue— Now at
The Bayfield Centre
Kelling Hospital,
Old Cromer Road,
High Kelling, NR25 6QA

<p>Description of activity</p>	<p>Craft—Bin Bag Christmas Wreath— very easy to do and costs virtually nothing to make and is totally weatherproof.</p>
<p>Materials needed</p>	<ul style="list-style-type: none"> • Bin Bags roughly 1 large pack of bin bags, bigger the better. • Wire coat hanger • Baubles/ ribbons. Fairy lights/ optional if not available • Strong fingers able to tie knots
<p>Instructions</p>      	<ul style="list-style-type: none"> • Using a wire coat hanger, flatten this into a diamond shape and then continue to bend it into a rough round circle. Leave the hook in place to use later to hang your wreath. • Cut the plastic bags into strips. (I flatten out the bin bag and cut off the handles and along the bottom of the bag so that you are left with a large rectangle of plastic. I then cut up the sides of the binbag right close to the edge). You need to do this so that the strips when tied can be fanned out to make each knot tied fluffy), then cut the rectangle into strips about 2 inches wide and about seven—8 inches long. It does not need to be precise.. Cut several thicknesses at a time, to speed up the process. • Tie the strips using 3—5 layers /pieces at a time together onto the wire coat hanger in a simple knot. Keep tying the strips on and push together on the hanger so that they are close. The closer they are, the better the effect. I push mine (the knots) very, very close together right round the wreath so that you are unable to possibly fit another piece on eventually. Then when the wreath is full, fluff out the layers. Finish off decorating your wreath with baubles, ribbons, bows, glitter, fairy lights—Whatever takes your fancy and you have laying around the home. Last year Cromer Drop-in members made green wreaths. I personally prefer the white ones.



With the hope that conventions and gatherings will take place next year, the
Family Voice Norfolk Conference
is planned to take place on Saturday 13th March 2021.
Please make a note of this in your diary.



We wish to say a big
thankyou to
everyone who
participated in our
Summer Quiz. The
first correct entry
pulled from the hat
was:-

Debbie Mitchell of
Fakenham

Congratulations
Debbie you have
won an
ONE4ALL
Voucher to the value
of £15.



Saturday Clubs–November

Due to the Coronavirus, all meetings of the Saturday Club are cancelled until further notice



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 Carers Meetings

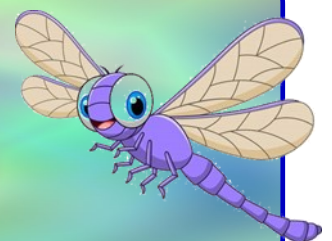
The next Family Carers meeting is on

Due to the Coronavirus all future meetings are cancelled until further notice. We will constantly be reviewing the situation and will keep you updated on this.

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.

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
Website: www.midnorfolk Mencap.org



Drop In's

All sessions cancelled
until further Notice



Cromer

Thursdays

1.00pm—
4.00pm

Merchants
Place

16 Church Street
Cromer, NR27 9ES

Dereham

Tuesdays and Fridays
10.00am—2.00pm

1a Tavern lane,
Dereham
NR19 1PX
£4.00 entry fee

Stepping Out Club

All meetings of the Stepping Out Club are cancelled due to Covid19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting held at
Church House
Church Street
Dereham

7.30—9.00pm

£1 Entry Fee

Gateway Club

All meetings of the Gateway Club are cancelled due to Covid 19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting Held at
Dereham Community Hub
Independence Matters
Rash's Green Dereham

7.00—9.00pm

£1 Entry Fee



NEWS AND EVENTS