



What an incredible Summer of sport we have enjoyed, culminating in the spectacular closing ceremony of the Paralympic Games on Sunday 8th September.



An absolutely outstanding result for our very own Team GB who amassed a whopping **49 Gold**, **44 Silver** and **31 bronze** medals, giving them a grand total of **124** medals to bring home and finishing second in the overall table. A fantastic result for the athletes, we are so proud of each and every one of you. An inspiration to us all!

## ANNUAL GENERAL MEETING



**GET INVOLVED!**

TUESDAY 8TH OCTOBER 2024

6.30PM

TAVERN LANE, DEREHAM

## WHO'S NEW TO MID NORFOLK MENCAP



We are absolutely delighted to welcome Ann Green to the office at Mid Norfolk Mencap.

Ann will be assisting with the administration duties for the Community Outreach Service, amongst other things, and supporting the General Manager.

Ann brings with her a wealth of experience and we are thrilled to have her as part of our expanding team. We wish her the very best in her new role.

The Community Outreach Service is going from strength to strength, and we will very shortly be introducing you to a number of new Support Workers joining the team to support this growth and ensure we give our clients the very best experience possible during their time here.

### 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 2024-2025.

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 **Vivienne** at the office (on 01362 693013 or [vivienne@midnorfolkmenicap.org](mailto:vivienne@midnorfolkmenicap.org)) to receive an application form. Ask for details on how to pay by bank transfer.

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

### STAY WARM AND WELL THIS WINTER

With the colder weather looming every closer, are you winter-ready? Get your thick socks and jumpers ready, this winter it's more important than ever to take care of your health as we face a bad flu season and **COVID-19** is still with us.

**PLEASE MAKE SURE YOUR JABS ARE UP TO DATE!**

### STOP THE SPREAD OF VIRUS

Viruses like flu and COVID-19 can spread easily through surface contact. Germs from coughs and sneezes can survive on hands and surfaces for up to 24 hours  
Wash your hands regularly, especially when you come in from being outside.  
Use tissues to catch the germs and bin them.

Norfolk & Waveney  
Working in Partnership with the NHS

**Patient Transport Services**  
... helping you attend hospital appointments

HTG-UK provide non-emergency patient transport for appointments in your area

The service is available to patients who, due to their medical conditions, may require assistance to and from hospital appointments.

For more information go to [HTG-UK.COM](http://HTG-UK.COM)

To book transport or make an enquiry regarding booked transport, please call the Booking & Enquiry Line:  
**0345 241 3012**  
This line is available 24/7

### NEW TRANSPORT PROVIDER FROM OCTOBER

There is a new non-emergency patient transport service (NEPTS) provider from 1st October 2024 for patients who are registered with an NHS Norfolk & Waveney GP practice.

Health Transportation Group Ltd (HTG) are currently mobilising to take over the contract from EMED (formally ERS and E-Zec).

The service is provided when a patient needs to attend an NHS-funded appointment at a hospital or clinic, are discharged from hospital or need to transfer between centres and, because of their medical condition, they cannot make their own way. Renal Dialysis treatment appointments are automatically eligible for transport to and from their renal dialysis treatment.

**How to book transport:** To receive NHS funded transport, patients or their representative must telephone the Booking & Enquiry Line on 0345 241 3012. This is available 24 hours a day, 7 days a week.

The call handler will check eligibility against the nationally defined criteria and book appropriately. To find out more about the eligibility framework, please refer to the NHS website: <https://www.england.nhs.uk>

Please have the following information to hand when speaking to the booking team:

NHS Number

Date of Birth

Registered GP Surgery

Full address with postcode

Mobility / support needs

Date, time and appointment venue

Access details of your property

Once the transport is booked, you will be given a booking reference number. If the appointment changes or is cancelled, it is your responsibility to inform the 'Booking & Enquiry Line' to either amend or cancel the booking, otherwise they will still attempt to collect the patient according to the original booking and the NHS or the patient may incur a cost.



As a valued partner of the Mencap network we shared with you in August our exciting news about Mencap partnering with Omaze for the **Yorkshire House Draw**.

If you've already entered or shared it with your networks, thank you! Your support will help to break down barriers for people with a learning disability and create a society with equal opportunities. If you haven't yet, there's still time!

If you **enter** before Sunday 15th September, you have the chance to win even more. Not only can you win a beautiful Yorkshire house worth over £2.5 million and £250,000 in the Grand Prize Draw, but you'll be entering the Early Bird Draw with the chance to win a Mercedes AMG GT 63 and £150,000 as well!

The more people who enter, the more money Mencap will receive to invest in our essential campaigning work.

One key issue we tackle through our campaigning is healthcare inequalities. On average, people with a learning disability die up to 23 years younger than the general population. Many deaths are avoidable, caused by treatable conditions, such as constipation. Overall, 42% of people with a learning disability who died in 2022, died an avoidable death.

Too often, avoidable deaths are due to discrimination and stigma within healthcare settings. This leads to people not receiving the healthcare they need. Our partnership with Omaze will support our efforts to tackle the health inequalities that people with a learning disability face.

The partnership with Omaze will support our work advocating for people with a learning disability, breaking down barriers to create a fairer, more inclusive society where they can thrive.

This is what we could do with the money we receive from the partnership:

**£1,000,000** could fund our campaigning work for a year and specialist legal support for eight families.

**£1,500,000** could fund groundbreaking research, the learning disability helpline and specialist legal support for eight families.

**£2,000,000** could fund two years of campaigning work and a groundbreaking research programme.

**AND £3,000,000** could fund two years of campaigning work, two years of running the learning disability helpline AND a groundbreaking research programme.

## DEREHAM & DISTRICT GATEWAY CLUB

We are getting closer to Gateway Club returning and we are in need of a volunteer to look after our refreshment stand, so anyone who fancies getting involved, and having a lot of fun, we would be delighted to hear from you, so please do get in touch as soon as possible

We always need more volunteers, not just for the refreshment stand, so if you want a fun, interesting, evening within a vibrant club setting please contact **Anya** or **Vivienne** at the Mencap office for more information.

We would also welcome donations of arts and crafts materials

**THE NEXT MEETINGS DATES ARE:  
8th, 15th, 22nd and 29th November**

at The Meeting Point,  
4 St. Withburga Lane,  
Dereham NR19 1ED  
Fridays, 7pm to 9pm  
£2 entry (plus money for refreshments & raffle)



**NORFOLK LEARNING DISABILITY PARTNERSHIP**  
[www.norfolkldpartnership.org.uk](http://www.norfolkldpartnership.org.uk)



**NORWICH Locality Meeting**  
Venue:  
The Willow Centre,  
1-13 Willowcroft Way,  
Cringleford NR4 7JJ

Next meeting:  
Wed 16th October 2024, 1.30pm—3pm

**WEST NORFOLK Locality Meeting**  
Venue:  
Parkview Resource Centre,  
Birch Tree Close, London Road,  
Kings Lynn PE30 5QD

Next meeting:  
Thurs 31st October, 2024, 1.30pm-3pm

**NORTH NORFOLK Locality Meeting**  
Venue:  
About With Friends  
22c Holt Road  
Cromer NR27 9JW

Next meeting:  
Wed 23rd October, 1.30pm-3pm

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

Next meeting:  
Wed 6th November 2024, 1.30pm-3pm

## OUT AND ABOUT IN THE COMMUNITY

James enjoyed a lovely day out on the water relaxing while Peter did all the hard work rowing him around



Pam decided she would like a hair braid and our very artistic Linda was all too happy to oblige



Jade, Lillie and Mark spent some time at the Dereham Windmill, enjoying some outdoor time and some in the exhibition

## A LOOK AT WHAT OUR RESIDENTS OF MERLE BODDY HOUSE HAVE BEEN UP TO THIS MONTH



Debbie has been enjoying some home baking in the very lovely new kitchen



Dereham Community Hub held their very own Macmillan Coffee Morning and a few of our lovely residents went along to give their support



The Teddy Bear Zip Wire Competition at Dereham Windmill provided some entertainment as well.



## NORFOLK AUTISM PARTNERSHIP

Here you will find a selection of events across Norfolk for those with Autism and their Parents and Carers. From regular support and social groups to one-day events!

CHECK OUT WHAT'S GOING ON THIS OCTOBER AT-  
[www.norfolkautismpartnership.org.uk](http://www.norfolkautismpartnership.org.uk)



Our Annual General Meeting will take place here at the Tavern Lane offices on  
**Tuesday 8th October 2024 at 6.30pm**  
Refreshments available.

We look forward to seeing as many of you here!  
We will be delighted to welcome Jonathan Clemo, from the Norfolk Care Association  
as our guest speaker on this occasion.

The annual Christmas disco will be upon us soon, this will be  
taking place at Swanton Morley Village Hall on  
**Friday 13th December 2024**  
Christmas buffet provided. Further details to follow.

SUMMER BBQ FUNDRAISER FOR NEXT YEAR  
**Saturday 12th July 2025**  
Never too early to put the date in your diary

ONCE AGAIN, ANYONE WHO WOULD BE WILLING TO RECEIVE THIS PUBLICATION  
BY EMAIL RATHER THAN POST, PLEASE LET ME KNOW EITHER BY CALLING THE  
OFFICE ON THE NUMBER BELOW, OR

EMAIL [VIVIENNE@MIDNORFOLKMENCAP.ORG](mailto:VIVIENNE@MIDNORFOLKMENCAP.ORG)

THIS WILL REALLY HELP TO REDUCE PAPER AND STAMP COSTS. THANK YOU



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