



Mid Norfolk Mencap 40th Annual General Meeting
Tuesday 10th October 2017 starting at 6.30pm
Mid Norfolk Mencap, 1a Tavern Lane, Dereham, NR19 1PX
We look forward to seeing you there!
Refreshments available

We need your support!

Government changes to 'sleep-in' payments are threatening to take away vital support from thousands of disabled people. This support allows them to live a safe and independent life in the community. The care sector has been landed with a massive **£400 million** bill and many providers now face bankruptcy. This could mean the end of social care as we know it.

We are asking the Government to urgently commit to paying this bill as the sector cannot afford it.

Please go to the Royal Mencap website or click on the link on the Mid Norfolk Mencap website, to sign the **#StopSleepInCrisis** petition.

North Norfolk Disco and BBQ Evening.

We would like to say a huge thank you to Penny Kirk and all volunteers for arranging the fantastic North Norfolk Disco.

The Disco and BBQ was enjoyed by all, with lots of people dancing the night away.

We had a fabulous time at the 2017 Joan Mann Special Sports Day, held at RAF Mildenhall. Well done to all of the athletes who competed!!



**Norfolk Learning
Disability Services
Southern Locality Group Meeting**



**2nd November 2017
10.30am-1.00pm**

**The Annexe,
Watton Sports Centre
118 Dereham Road
Watton,**

**Norfolk Learning
Disability Services
Northern Locality Group Meeting**

**30th October 2017
10.00am start**



**Friendship Hall,
Mill Road,
Aylsham**

Arts and Crafts Holiday Club

October Half-Term 2017



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX



24th & 25th October



The cost per full day session is £10.00 or you can book half day sessions for £5.00.

If you are interested in attending, please call Anya or Lorna on 01362 693013, or email info@midnorfolkmenca.org

“Carers Information Day”

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 2nd October 2017 10.00am till 3.00pm

Come along and meet the people who will offer Help, Information and Advice for Carers, Ex-Carers, Older People and the Lonely

Including:

Macmillan Cancer Support

Mid Norfolk Mencap

AGE UK Norwich - Autism Anglia

Norwich Access Group

Arthritis Care - Alzheimer’s Society - Marie Curie

Dementia Services - Equal Lives

Norfolk Carers Support

Action for Blind People

BUILD

Plus many more.....



Saturday Clubs—October

Swaffham - On 7th October we will be pumpkin carving for Halloween

Dereham - On 21st October we will be working on further Halloween craft activities



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 on Tavern Lane, Dereham.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 10.30am-12.30pm and will cost £15 per session.



If you would like to attend the music sessions please contact Sallie on 01603 766690



Family Carer Meetings

The next Family Carers meeting is on **Wednesday 11th October** 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.



Please note that all meeting dates for 2017 and 2018 can be found on our website:

www.midnorfolk Mencap.org



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

Gateway Club

4th October—Lend me your ears
 11th October—Kurling
 18th October—Music Club
 25th October—Wiggle and a Giggle

Dereham Community Hub,
 Independence Matters, Rash's Green, Dereham,
 7.00pm-9.00pm

Drop In's

Dereham
 Tuesdays and
 Fridays 10.00am -
 2.00pm
 1a Tavern Lane,
 Dereham, NR19 1PX
 £4.00 entry fee




Cromer
 Thursdays
 1.00pm-4.00pm
 Merchants Place,
 16 Church Street
 Cromer, NR27 9ES
 £5.00 entry fee




Munch Bunch Cooking Club

All future sessions have been cancelled.

Unfortunately due to a fall in numbers, we will not be running the Munch Bunch Club any longer. However, if we can generate new and further interest then we would love to be able to re-start the club.

Please contact the office for further details.



Stepping Out Club

2nd October—Music Quiz
 9th October —No Meeting
 16th October—Visit From Back to Back
 23rd October—Bingo
 30th October—Halloween Capers

Meetings held at Church House,
 Church Street, Dereham 7.30pm-9.00pm