



October
2018
Issue



Mid Norfolk Mencap 41st Annual General Meeting

**We invite you all to attend our
Annual General Meeting on**

Monday 8th October 6.30pm

Mid Norfolk Mencap, 1a Tavern Lane, Dereham, NR191PX



The speaker is Mr. Jonathan Williams

CEO East Coast Community Healthcare CIC

Mr. Williams will be speaking with members around the role of social enterprises in community, health and social care and partnership working with the charitable sector and how we can benefit for our service users.

We look forward to seeing you there!

Refreshments available



North Norfolk Disco and BBQ Evening

On September 1st the Annual North Norfolk Disco and BBQ took place at Gresham Village Hall and was a resounding success. The disco and BBQ was enjoyed by all with lots of laughter, good food and dancing throughout the evening.

We would like to say a huge thank you to Penny Kirk and her band of volunteers for arranging the fantastic North Norfolk Disco and making it such a merry evening for all attending. Hard work and weeks of planning goes into organising such a successful evening. I am sure that I speak for everyone who attended, in congratulating the team. The event would not take place without our tireless band of volunteers.

Well Done!

Reminder Annual Membership Renewal !

2018—2019

For those of you who are already part of the Annual Membership, we will be contacting you shortly to invite you to renew.

Joining is an excellent way of supporting the organisation, as all membership fees will be used towards our charitable activities.

If you are interested in joining our MNM membership, then please contact the office.

Membership benefits include:

- A membership card
- Regular and up-to-date publications
- Opportunities to join the Trustee board

Membership will cost £10 per person or £20 per household, per annum

To register your interest in this please contact Lorna or Anya at the office—01362 693013.



Norfolk Learning
Disability Services
Southern Locality Group Meeting

1st November 2018
10.30am-1.00pm



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



Norfolk Learning
Disability Services
Northern Locality Group 

19th November 2018
Meeting: 2—5pm

**Note: Change of meeting
venue— Now at
Youngs Park, Woodgate Way,
Aylsham NR11 6UJ**



Here at Mid Norfolk Mencap we have an exciting opportunity for someone to join our dedicated staff team whose purpose is to ensure people live the life they choose with emphasis on individuality and personalization in their everyday lives.

Could you be that person as Team Leader to provide guidance, direction and leadership to the staff team towards achieving all the above.

Are you a self-motivated individual who people feel that can approach and learn from your knowledge? to develop their own skills to achieve shared goals along with the capability to drive good performance within a group of people?

This vacancy is full-time hours paid at £9, with flexible working hours to meet the quality of care required.

This includes working within the team and alongside the Manager to meet CQC and Quality Assurance requirements. You will provide help to the management, including recruitment, supervisions and updates on team performance.

Have you got through this page and feel this could be you! Then contact:

Lorna on 01362 693013 for an application pack.

For more details on the role of Team Leader speak to:

Anya Rose on 01362 693013

Mary Morgan on 01362 694643

We now have our Breckland Lottery page up and running. Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-

www.ourbrecklandlottery.co.uk/support/mid-norfolk-mencap



ourbreckland
lottery

Support local good causes
win up to £25,000!



Mid Norfolk Mencap
(also serving North and South Norfolk)

**Come and dance the night away at our
amazing**

Christmas Disco

Friday 7th December 2018

7.30pm - 11.30pm

Swanton Morley Village Hall

Christmas Raffle

Nibbles Provided

**TICKETS £8.00 for adults
£4.00 for children**

**(Available from the Mid Norfolk Mencap Office
Admission by ticket Only**

Mid Norfolk Mencap

1a Tavern Lane

Dereham

NR19 1PX

01362 693013



Joan Manns Sports Day 2018

Again this year, 33 service users travelled by coach to U.S. Airforce Base Mildenhall to take part in the 2018 Joan Manns Sports Day.

All participants received a T-shirt to wear with pride and as a memento of the day. The Air base also opened up the chance for the participants to visit the inside of 3 American planes, along with being able to sit inside and press the horns on their 1st response cars, police cars, ambulances and fire trucks all of American design. Participants who were on their first visit to the sports day, thoroughly enjoyed the event and are already looking forward to next year's event and are recommending to others, to come along and take part next year.



“Carers Information Day”

The Norwich Forum
Millennium Plain, Norwich, NR2 1TF

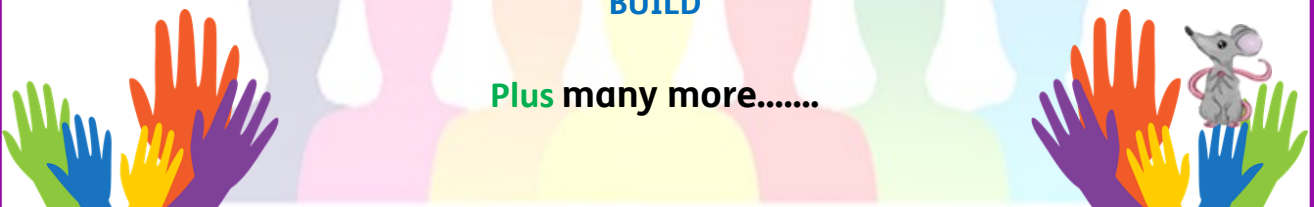
Monday 8th October 2018 10.00am till 3.00pm

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
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.....





East of England Co-op Community Token Scheme.

We have been busy here at Mid Norfolk Mencap, these past few months, looking for ways to Fundraise for our Sensory and Wellbeing Room. We look for any opportunity to do so and applied to join the East of England Co-op Community Token Scheme, We can now happily inform our readers, our application was successful.

We look forward to informing you with the latest update in next months edition. We are keeping our fingers crossed that again, we do well, and the amount of money awarded from East of England Co-op will be added to our fund for the Wellbeing and Sensory Room.

As you all are aware, you have been brilliant in supporting us with our Tesco Token Scheme during June and July, and should give yourselves a pat on the back, **BUT** we desperately need your support still, and would ask of you to support us further with the Co-op token scheme. Please, Please, pop along and pop those tokens in.

The following Co-op stores will be collecting for our cause:

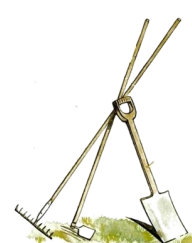
- Dereham Road
- Norwich Station
- Fifers Lane
- Spixworth
- Heartsease
- Cannerby Lane



It is so nice to be able to write up the activities of the people we support in the community here at Mid Norfolk Mencap.

One such person is Stephen who is supported weekly and has recently been volunteering at Corners Nursery in Dereham every Monday for the past 6 weeks. Initially, Stephen was a regular customer at Corners and over time built up a good relationship with Alice and John the proprietors. Stephen asked if he could be a volunteer there and the answer was a resounding yes.

Stephen has enjoyed completing various activities such as watering the plants, deadheading, weeding, choosing plants to go into the hanging baskets and sprinkling fertiliser into the compost, which he really enjoys, in fact, Stephen enjoys every single moment of his time there.





Saturday Clubs- October



Swaffham - 6th October - Halloween craft session

Dereham - 20th October- Halloween craft session.

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 run every Wednesday morning from 10.30 to 12.30pm and will cost £18 per session.



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



Family Carer Meetings



The next Family Carers meeting is on

Wednesday 10th October 2018

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 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



 **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



Stepping Out Club

- 1st October —Craft night**
- 8th October—No Meeting**
- 15th October—Weatherspoons
Meal & Drink**
- 22nd October—Games night**
- 29th October—Halloween Capers**

Meeting held at Church House
Church Street, Dereham
7.30—9.00pm

£1 Entry Fee



Gateway Club

- 3rd October— Wiggle & Giggle**
- 10th October—Robbie James Magic
Show**
- 17th October—Music Club**
- 24th October—Half-term closure**
- 31st October—Halloween Disco Fancy
Dress**

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

£1 Entry Fee