



Hello And Goodbye

It is with great sadness we say goodbye to Mary Morgan this month who has dedicated 2 Years to Mid Norfolk Mencap as the Registered Manager of Merle Boddy House. Mary contributed enormously to the charity and has over the years, implemented several initiatives to improve the lives of those at Merle Boddy House and the organisation as a whole. Mary is looking forward to the challenges in her new job and we wish her well in her new adventures. Mary hands over the role of Registered Manager to Steven Mills and we are thrilled to welcome him to the team.



Steven started in care in 2007 working for Barchester Healthcare at a care home in Oulton Broad, Suffolk supporting young people with physical injuries. He was lucky enough to be given opportunities to train and progress through development schemes and work in different services in Suffolk and Norfolk. Steven worked for Barchester Healthcare for 7 years before moving across to their sister company Swanton Care in 2011, when he was given the opportunity to be a Service Manager of a residential service in Norwich city centre supporting people with mental health and learning disabilities. Steven had a great time at Swanton for 3.5 years before moving to a small Norfolk based provider for challenging behaviour. Before joining Mid Norfolk Mencap he worked for a Christian charity called 'Livability' based in Norwich supporting people with physical complex care.

Steven wishes to say Hello to all the staff, trustees, people we support, members and those involved with Mid Norfolk Mencap, and thanks you for the warm welcome and hopes to meet everyone soon at the AGM in October.

Waitrose Community Matters Fundraising Scheme



We have been very fortunate indeed in the fact that Waitrose, who run a 'Community Matters' fundraising scheme, have come up trumps and have presented us with a cheque for £285 from their Wymondham branch in Norfolk. We would like to say a sincere thank you to Waitrose for supporting our cause. Their donation will be shared equally between our clubs and groups. We cannot express enough how much we appreciate donations from organisations such as Waitrose when funding our activities.

Beyond Words



Whilst writing up, our October Loop edition, I came across this interesting article, which I think you will enjoy reading about.

It is widely accepted that using pictures to aid understanding of everyday living tasks for people with learning disabilities, has proven beneficial in so many ways.

Sheila Hollins who is a cross bench peer, and one of the UK's foremost authorities on learning disability and mental health, founded 'Beyond words,' after using pictures initially to interact with her son Nigel who has a learning disability.

Beyond Words, is a pioneering not-for-profit organisation that produces picture books to help people who have a learning disability. Each book tells a story, but they also let the reader tell their own story, the one they see in the pictures. The books are purely pictorial and have no words, which in turn can help aid people who cannot read or who don't like written words.

All the pictures used in the books are tested by people who find pictures easier than words, to make sure they are easy to understand.

Each book produced, explore different types of settings. For example; things that are about to happen, such as going to hospital; things that have already happened, like abuse or losing someone you love. Life decisions, which might be having a relationship or agreeing to an operation.



Thirty years on, Beyond Words has distributed thousands of copies of its 57 titles. For someone who struggles with words, there are a lot of barriers to getting the right health or social care and by telling the whole story in pictures, the books give people the chance to work together and explore different situations.

If you are interested in pictorial books as a mode to communicate, or just for sheer curiosity and learning, please visit,

www.booksbeyondwords.co.uk



North Norfolk Disco and BBQ Evening



On September 21st^s the Annual North Norfolk Disco and BBQ took place at Gresham Village Hall and was said by many to be a resounding success. The disco and BBQ as usual was enjoyed by all. The wafting aromas of the sausages and burgers around the hall soon had everyone queuing up in the BBQ area. There was

lots of laughter, good food, and dancing throughout the evening, with everyone going home at the end of the night, tired but happy and asking when the Christmas dance will take place.



Our wonderful volunteers
working hard as usual
but having great fun
at the same time.

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.



Bingo Nights

Mid Norfolk Mencap Proudly Announce
their Bingo Nights

on the last Friday of each month

from 7-9pm

All provided for the

grand price of £5

Come along, play bingo, eat chips,

Win →

and Have a great time at

1a Tavern Lane Dereham NR19 1PX

Doors open 6.45pm

Eyes down



Mid Norfolk Mencap 42nd Annual General Meeting

*We invite all of our members to attend our
Annual General Meeting on*

Tuesday 8th October 2019 at 6.30pm

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

**Guest speaker is Mr. Craig Chalmers, Director of
Community Social Work.**

Mr Craig Chalmers will be talking on the changes in
adult Social Care and how it affects adults with
learning disabilities and their family carers.

We look forward to seeing you there!

Refreshments available



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

**10th October
10.30am-1.00pm**

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



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

**3rd December
Meeting: 2—5pm**

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



Mississippi Boat Trip

Last month on the 30th August, saw the Dereham Drop-In members have a day out by taking a boat ride on the Norfolk broads on the spectacular Southern Comfort Mississippi steam boat at Horning.

With an early meeting time of 9am in Dereham, everyone was eager to be on their way. Members were soon seated in various cars and off on their way for the first part of the journey to Horning with plenty of laughter and chatter being heard as they left.



The day was gloriously sunny as the 20 members and staff boarded the Mississippi Show boat for a ride along the river, whilst admiring the wonderful scenery and wildlife. As you can see by the pictures, much food, drink and merriment was heard and seen during the outing. Everyone returned to Dereham tired but smiling.



For more
information
call
03007778880

Carers Information Day”

Organised by Care for Carers

In Partnership with Norfolk & Suffolk NHS Foundation Trust

At The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 7th October 9.00am till 3.00pm

Learn more about “Sharing Ways of Living Well”

Email:
info@carerforcarers.org.uk

Come along, meet people who offer, help, information, and advice for carers, young Carers, ex-Carers, older people and the lonely. This is an ideal opportunity to go along and find out what help is available for our members. If there is no-one there to help, someone always seems to know where to get the services required if you just ask.

Mid Norfolk Mencap

(also serving North and South Norfolk)

Come and dance the night away at our amazing

Christmas Disco

Friday 6th December 2019

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





Saturday Clubs– October

Swaffham - 5th October making your own Chinese meal

Dereham - 18th October– Halloween crafts and making
pumpkin soup

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.



Family Carer Meetings

The next Family Carers meeting is on

Wednesday 9th October 2019



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 2019 can be found on our website: www.midnorfolkmenca.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@midnorfolkmenca.org
Website: www.midnorfolkmenca.org



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



Drop In's

Stepping Out Club

- 7th October —Visit to Strikes
- 14th October —No Meeting
- 21st October—Bingo
- 28th October —Halloween Themed Night

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

£1 Entry Fee

Gateway Club

- 2nd October —Marko Cartoons
- 9th October—Bowling Strikes
- 16th October— Music Club
- 23rd October— HALF TERM CLOSURE
- 30th October—Halloween Disco and Fancy Dress

Dereham Community Hub
Independence Matters,
Rash's Green, Dereham

7.00—9.00pm

£1 Entry Fee

