

October 2019 Issue



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.

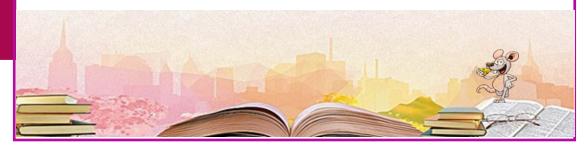
Each book produced, explore different types of settings. For example; things that are about to happen, such as going to hospital; things that have already happened, like abuse or losing someone you love. Life decisions, which might be having a relationship or agreeing to an operation.



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.





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.



Carers Information Day"

Organised by Care for Carers

Email: info@carerforcarers.org.uk

In Partnership with Norfolk & Suffolk NHS Foundation Trust

At The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

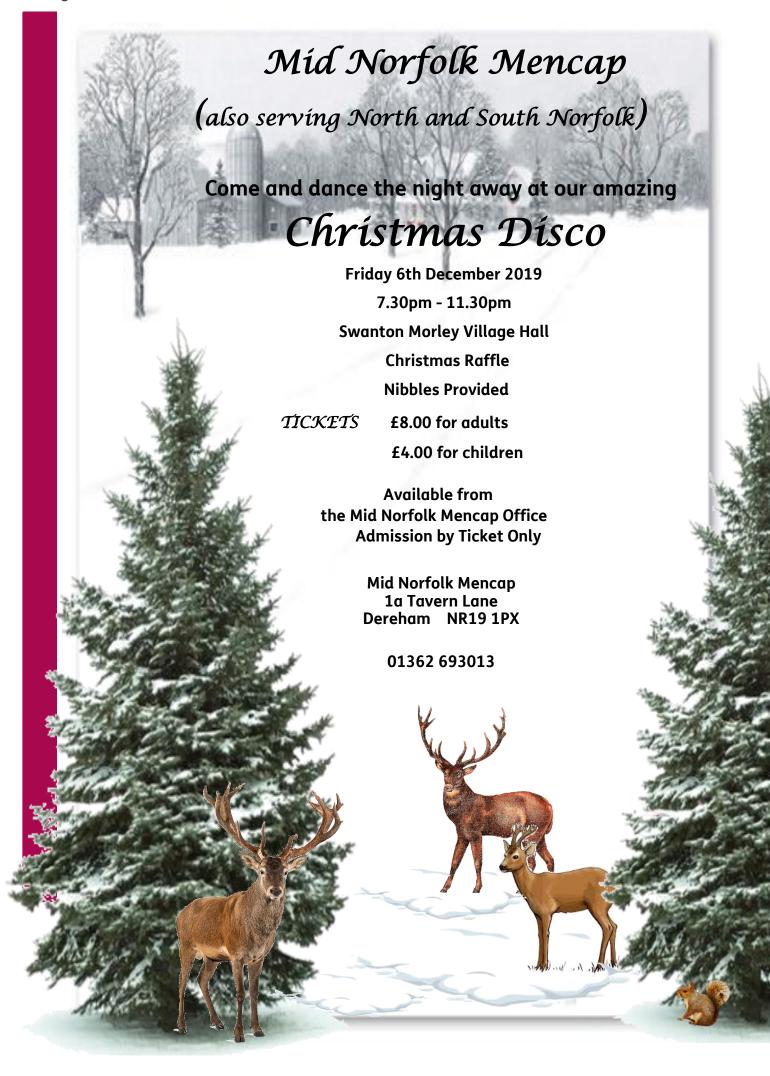
Monday 7th October 9.00am till 3.00pm

Learn more about "Sharing Ways of Living Well"

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.

information call 03007778880

For more





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.midnorfolkmencap.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@midnorfolkmencap.org

Website: www.midnorfolkmencap.org



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