



Mid Norfolk Mencap Services Update



With the Coronavirus pandemic and the subsequent lockdown, we are writing to update you regarding our Drop-ins sessions, both at Cromer and Dereham, the Saturday Club, Gateway, Stepping Out Club, and Family Carers, along with the pre-planned Christmas Dances/discos both in North Norfolk and the Mid Norfolk Mencap Christmas Disco at Swanton Morley.

We assure you we have been listening very carefully to the advice we are being given from Public Health England and the Secretary of State for health regarding all aspects of safety and social distancing.

With this in mind, we have given much thought as to when we would be able to recommence our services. We have therefore, made the decision to try and recommence our Drop-in sessions both Dereham and Cromer, Saturday clubs, the Stepping Out Club, Gateway and the Family Carers sessions in 2021.

Regarding the North Norfolk Christmas Dance and the Mid Norfolk Mencap Christmas Disco, these sadly have been cancelled this year and will not take place. This decision was based on several factors being the rate of infection at present, the social distancing measures in force along with the likely occurrence of a second wave increase of the Covid19 infection rate possibly escalating in the coming winter months.

We will obviously keep you updated in the coming months. Thank you for your patience understanding and your continuing support.



NEWS AND EVENTS

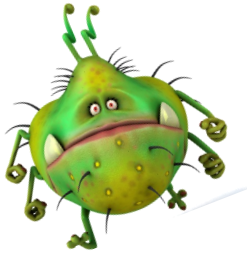


With the drop-ins and Saturday Clubs Cancelled along with the North Norfolk annual BBQ and the Gateway Club due to the Coronavirus, I thought it might be nice for members to have a look back through our archived photo albums, both past and some more recent. Do you recognise anyone in the photos depicted on this page?



WINTER FLU JAB

Get your Flu Shot!



Due to the global Covid19 pandemic, it is more important than ever that you get your flu vaccination this winter.

As those who have had the flu will tell you, it is very different to a common cold, at the very least, it can confine even the fittest person to bed and for people with long term health conditions, it can be very serious indeed.

As health care workers, we play an important role in protecting the vulnerable people we support, both in the Community and at Merle Boddy House and the health of the public in general.

With the seasonal influenza impending, and in particular the increased pressure on the health service, due to the Coronavirus pandemic, being vaccinated yourself is one of the simplest way of protecting and endorsing who we care for, our colleagues, as well as our family members.



The NHS are strongly recommending vaccination for frontline health and social care workers. The flu vaccine usually free for people aged 65 and over, and to other persons with long standing eligible health conditions and persons in long-stay residential care homes. Most surgeries and pharmacies offer the vaccination, which is usually available from September to December.

Seasonal influenza immunisations can be provided free of charge at present to nursing and care home workers during the 2020/2021 flu season. It has published guidance about who will be eligible this winter for a free influenza vaccine. It is targeted at staff employed by a registered residential care/nursing home or a registered domiciliary care provider.

The sooner you have your vaccination, the more effective it will be. You can ask your local pharmacist or GP for the information in obtaining a free flu vaccination. Even if you need to pay for the vaccination, it is certainly worth taking care of yourself and others and keeping Britain Safe.

You can also find information online at both

www.tinyurl.com/NHSfluinfo

www.england.nhs.uk

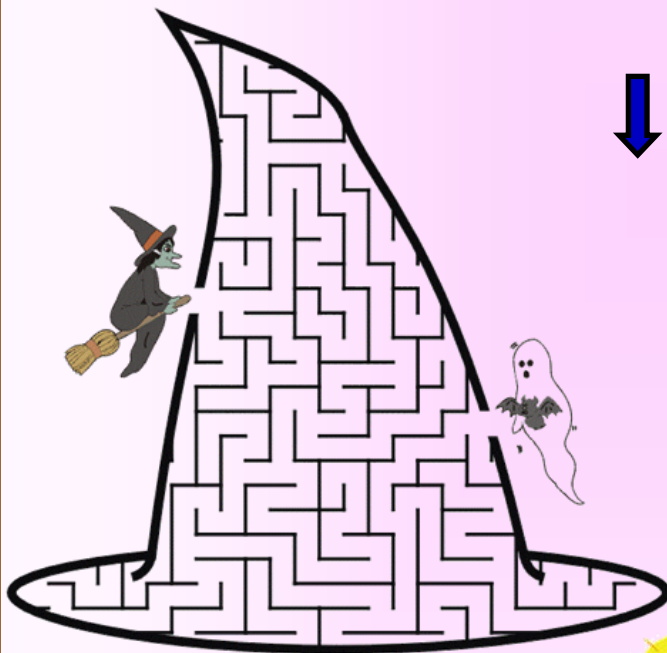


Look carefully at the jumbled words below and try unscrambling as many words as you can. Good Luck!

- 1. SEAR..... 5. STRIW..... 9. EKEN.....
- 2. YEES..... 6. EPINS..... 10. LEEH.....
- 3. SLIP..... 7. TOOF..... 11. RAM.....
- 4. ESON..... 8. STOE..... 12. ESCHT.....

Human Body Word Scramble

Word Puzzle Maze
Can you help the witch find her way through the hat maze to catch the ghost and the bat in the culdron?



Spot the differences in this sea picture. How many can you see?
There are 9



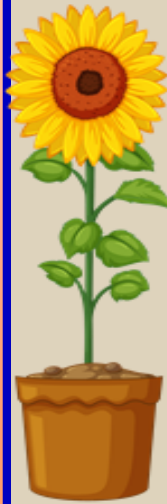
Answers

- ESON = NOSE STOE = TOES EKEN = KNEE
- STRIW = WRIST EPINS = SPINE RAM = ARM
- TOOF = FOOT LEEH = HEEL YEES = EYES
- SEAR = EARS SLIP = LIPS ESCHT = CHEST

Norfolk Learning
Disability Services
Southern Locality Group
Meeting

Cancelled till further notice

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



Norfolk Learning
Disability Services
Northern Locality Group
Meeting

Cancelled until further notice

Note: Change of meeting
venue– Now at
The Bayfield Centre
Kelling Hospital,
Old Cromer Road,
High Kelling, NR25 6QA

Another little something to craft if you have time on
your hands whilst at home.


Description of activity	Craft—plastic spoon paper flowers
Materials needed	<ul style="list-style-type: none"> • Plastic spoon • Coloured thin card or sturdy paper • PVA glue (Do not dilute) • Scissors • Colouring pens • Googly eyes and beads (optional) • Coloured beads any shape and size • Foam or plastic cup
<p>Instructions</p> 	<ul style="list-style-type: none"> • Draw a 5 petal flower shape on the coloured card/paper (fig 1) • Cut out 3 flowers (fig 2) • Decorate the petals anyway you wish or draw a border around the petals (Fig 3) • Glue the flower shape to the front of a plastic spoon (fig 4) • Using googly eyes or small pieces of black and white paper, cut very small circles for the eyes and glue onto the back of the spoon (fig 5) • Glue on a bead nose or draw a nose in red pen on the back of the spoon • Draw or cut out a mouth and glue on the back of the spoon • Cut out several green leaf shapes and glue onto the spoon as in (fig 5) • Decorate a plastic cup with beads and place your spoon flowers into the cup. Hey Presto.....



Fig 1



Fig 2



Fig 3



Fig 4



Fig 5



With the hope that conventions and gatherings will take place next year, the
Family Voice Norfolk Conference
is planned to take place on **Saturday 13th March 2021.**
Please make a note of this in your diary.



Mid Norfolk Mencap
43rd Annual General Meeting
6th October 2020
6.30pm Via Zoom

The outbreak of the coronavirus (Covid19) has affected how this years AGM takes place. As informed in 'Septembers' Loop edition, the AGM this year will be conducted via Zoom. We invited members during the month of September wishing to join the meeting via zoom, to send us their email address either verbally or by ringing the office at Tavern Lane before September 28th 2020. For those members who have contacted us, you will be receiving instructions of how to join the meeting.

We look forward to seeing as many as you as possible via Zoom at the

Annual General Meeting






Saturday Clubs–October

Due to the Coronavirus, all meetings of the Saturday Club are cancelled until further notice. We will keep you updated and informed of the situation in the coming weeks


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



Family Carers Meetings

The next Family Carers meeting is on



Due to the Coronavirus all future meetings are cancelled until further notice. We will constantly be reviewing the situation and will keep you updated on this.

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.

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



Drop In's

NEWS AND EVENTS



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

All sessions cancelled until further Notice

Stepping Out Club

All meetings of the Stepping Out Club are cancelled due to Covid19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting held at
Church House
Church Street
Dereham

7.30—9.00pm

£1 Entry Fee

Gateway Club

All meetings of the Gateway Club are cancelled due to Covid 19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting Held at
Dereham Community Hub
Independence Matters

Rash's Green
Dereham

7.00—9.00pm

£1 Entry Fee

