



October
2021
Issue



It's nearly time for our
44th ANNUAL GENERAL MEETING
Tuesday 5th October 2021, 6.30pm
at our offices at 1a Tavern Lane, Dereham

All our members are invited to attend. Please join us, we would like to see as many faces there.

We remain Covid secure with facemasks and hand sanitiser available and plenty of space in the room for social distancing.

Refreshments will be available after the meeting.



ROOM VACANCIES AT MERLE BODDY HOUSE

We currently have two vacancies at Merle Boddy House, a downstairs bedroom overlooking the garden and an upstairs bedroom at the front of the house. There are communal living areas where you can relax or do activities of your choice. The residents are happy and friendly and would welcome two new friends to join them.

Merle Boddy House offers residential care for up to ten adults with Learning Disabilities. Our aim is to provide a happy, friendly and safe home environment and to meet the individual needs of each and every resident. Every resident has their own room which is decorated to suit their own style and personality. The communal areas of the house are bright and airy and there are several outdoor spaces where residents can take their leisure.

The staff at Merle Boddy House are experienced and well trained. They strive to meet residents individual needs whilst keeping them happy, comfortable and safe. At the same time, staff provide residents with the freedom to be themselves.

We are located in a prime location, near to Dereham town centre, public amenities and major bus routes.

If you are interested in the service we can provide and would like to have a chat or come and visit, then please call Wendy Lea, our Registered Manager, on 01362 694643.

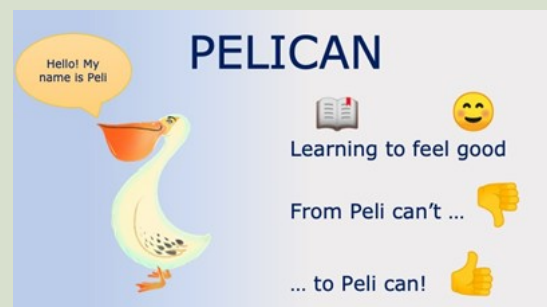


The Foundation for People with Learning Disabilities is delighted to launch PELICAN - Promoting Emotional Literacy In Children with Additional Needs.

PELICAN is a set of free, web-based materials for children and young people with complex learning needs and/or learning disabilities and people who support them. PELICAN helps staff, parents and carers to develop emotional literacy, wellbeing and resilience in children with learning disabilities and autism. It helps with emotional and behavioural difficulties they have. It can be used alongside other support. PELICAN can be used in schools, other settings, communities and at home. It is based on over 10 years of action research including collaboration with children, young people and the adults that support them.

Peli and Tou introduce you to the PELICAN Framework through a simple visual story. Peli is scared to fly but Tou is on hand to help! So, Peli changes from Peli can't ... to Peli can! Through the story and linked activities, you are guided through the Framework as you introduce:

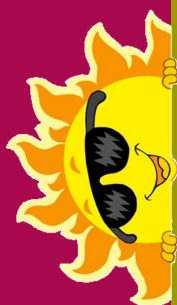
- I CAN Feel
- I CAN Relax
- I CAN Think
- I CAN Do



If Peli can and Tou can, then you can! To find out more about PELICAN and to access all of the PELICAN resources, go to:

<https://www.learningdisabilities.org.uk/pelican>

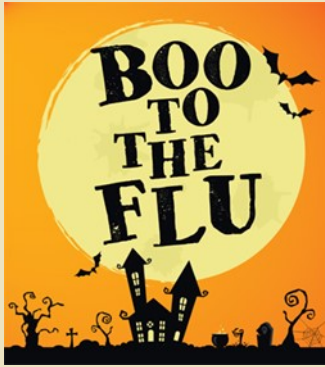
For more information contact the Foundation at: info@fpld.org.uk



BRITISH SUMMERTIME IS ENDING!

Remember the clocks will go back on Halloween, Sunday 31st October, at 2am, allowing you an extra hour in bed.





BIGGEST FLU PROGRAMME IN HISTORY TO ROLL OUT FOR WINTER 2021

Seasonal influenza (flu) is an unpredictable but recurring pressure that the NHS faces every winter. Vaccination offers the best protection and the free seasonal flu vaccine is to be made available for over 35 million people this year. During 2020/21, the flu vaccination programme was extended, and more groups were eligible to receive it than in previous years.

Although flu activity was low during 2020/21, flu activity this winter may be high. This is because interventions such as shielding and social distancing that were in place during 2020/21 have now been lifted and more of the population may be susceptible to flu this year. As there may be winter outbreaks of Covid-19, protecting those at high risk of flu, who are also those most vulnerable to hospitalisation as a result of Covid-19, is vitally important. If you belong to one of the groups below, it's important that you have your free flu vaccination. Speak to your GP or practice nurse, or alternatively your local pharmacist, to book a vaccination appointment and get the best possible protection.

Working with the NHS, the government is preparing to deliver the expanded flu programme alongside any booster programme for COVID-19 vaccines as part of wider autumn and winter planning, which centres around protecting as many lives as possible. During the 2021 to 2022 season, which started in September, the flu jab will be available to:

- those aged 6 months to under 50 years in clinical risk groups
- those aged 50 years and over
- unpaid carers
- frontline health and adult social care staff
- all children aged 2 and 3 on 31 August 2021
- all children in primary school and up to year 11 in secondary school
- pregnant women
- close contacts of immunocompromised individuals



Getting your free flu vaccine, if you are eligible, as well as keeping up good habits like regularly washing your hands could help save your life, so please do come forward when you are invited to give you and your loved ones vital protection this winter.

RETHINKING HEALTH ASSESSMENTS



The Department for Work and Pensions (DWP) has recently published *Shaping Future Support: the Health and Disability Green Paper*. The Green Paper asks for views on how the Government can help people to live more independently, to stay and succeed in work, and ways they can improve the experience people have of the benefits system and employment support for disabled people and people with health conditions.

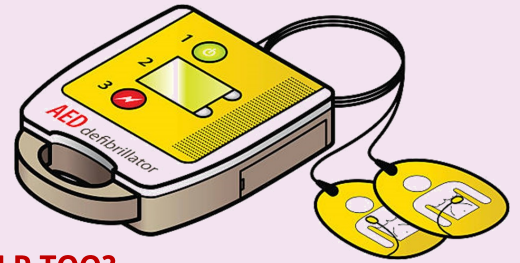
As part of the public consultation, they are holding face-to-face and virtual events to hear people's views on the proposals in the Green Paper. The content of the Green Paper was shaped by conversations they have had with disabled people, people with health conditions, and their representatives, in a series of events running up to publication.

All the virtual consultation events have now sold out! But there is also an online survey which closes on 11th October at:

<https://getinvolved.dwp.gov.uk/05-policy-group/health-and-disability-green-paper/>

DEFIBRILLATORS ON ORDER

We are still waiting on our order of two defibrillators for our premises at Tavern Lane and Merle Boddy House but in the meantime....



DID YOU KNOW THAT ALEXA CAN HELP TOO?

Calling 999 should be the first port of call and operators can talk you through the steps needed if the worst happens, however, a little-known Amazon Alexa trick can also help to talk you through CPR steps.

To get the instructions, simply say “Alexa, activate emergency CPR” and the device will first ask you to contact the emergency services. It will then explain how to safely do chest compressions and uses a metronome to ensure it is being done correctly.

The Alexa trick is not intended as a substitute for contacting the emergency services. If somebody is unconscious but breathing, you will need to place them in the recovery position until help arrives, but if they are not breathing normally you will have to call 999 and start CPR straight away, according to the official advice.



WE ARE RECRUITING FOR SUPPORT WORKERS

We are currently recruiting for Support Workers to work at our residential home, Merle Boddy House, and within our Community Outreach Support Services Team.

Please get in touch with Anya Rose or Sarah Freeman at the office on 01362 693013 for further information and job descriptions for both roles.



NATIONAL DISABILITY STRATEGY

On 28th July, the government published its National Disability Strategy, setting out the actions it will take to improve the everyday lives of all disabled people.



This was a commitment in its 2019 manifesto – a national disability strategy to cover areas such as housing, transport, jobs and education. There was wide consultation before the publication of the Strategy, and those consulted included the National Network of Parent Carer Forums, of which Family Voice Norfolk is a member. There is a lot to digest in the document.

The Strategy is available at:

<https://www.gov.uk/government/publications/national-disability-strategy>

FAMILY CARERS MEETINGS

These monthly meetings are now back to normal and the next meeting is on

WEDNESDAY 13th OCTOBER

Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall, Norwich Street, Dereham one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

New members are always welcome. Please come along.

Hand sanitisers and facemasks will be available at these meetings.



MANDATORY VACCINATIONS IN CARE HOMES



On 22nd July 2021, mandatory vaccinations in care home became law.

This covers all CQC-regulated care homes including working age adults. This followed a public consultation conducted between 14th April and 26th May. The outcomes of the consultation were then published on 16th June and despite 57% responses against mandating vaccinations, it passed through parliament.

We are currently in a grace period before the regulations take effect on 11th November.

The last date for an existing employee to receive their first vaccination was 16th September.

NATIONAL AUTISM STRATEGY

On 21st July, the government published its National Strategy for Autistic Children, Young People and Adults: 2021 to 2026. The strategy builds on and replaces the preceding adult autism strategy, Think Autism, which was published in April 2014.

It extends the scope of the strategy to children and young people for the first time. The focus of this new strategy and implementation plan has been informed by the government's call for evidence on the review of Think Autism, which received over 2,700 responses from autistic people, their families and carers and organisations.

In addition, the strategy has been informed by independent research commissioned from the Policy Innovation Research Unit into the impact of the Covid-19 pandemic on autistic people and their families. The government also commissioned Skills for Care, the National Development Team for Inclusion and the National Autistic Society to produce a guide to help commissioners to identify local demand and develop the right services and support for autistic people, which is published alongside this strategy.

The strategy in full and in Easy Read formats can be found at:

<https://www.gov.uk/government/publications/national-strategy-for-autistic-children-young-people-and-adults-2021-to-2026>



CARER BREAKS

If you are caring for an adult over 18 years, a carer break could provide a personalised, flexible break from caring.

A break could make a positive difference to you as a carer by:

- Improving your physical and emotional wellbeing
- Giving opportunities for you to have a life outside of caring
- Enabling you better to sustain your caring role
- Enabling you to take more control of your life.

You can be put forward by the Carers Matter Norfolk partnership. Look online to simply sign up to register and your referral will then be picked up by the Advice Line Team and an advisor will contact you to talk through your caring role.

Find out more on the Carers Matter Norfolk website at:

<https://carersmatternorfolk.org.uk/our-work/support-for-carers/carers-breaks/>



CARERS' LOCALITY MEETINGS



No face to face meetings are taking place currently; meetings are currently online. These meetings are for carers and people working with carers to come together and share information about services and support for carers. They are an opportunity to identify what could be improved and co-develop solutions to gaps in support.

West Norfolk Locality Meeting – Wednesday 20th October

South Locality Meeting – Monday 25th October

East Norfolk Locality Meeting – Wednesday 27th October

Norwich Locality Meeting – Wednesday 3rd November

North Norfolk Locality Meeting – Wednesday 10th November

Membership to these meetings is open and carers are welcome to attend all of a meeting or drop in/out as suits their circumstances.

These meetings take place between 10.30am and 12.30pm and have been being held online via Zoom.

To find out more about the autumn dates,

please email info@carersvoice.org

or call Catherine Kennedy on 07932 095312 or Sophie Little on 07932 095260.

SPECIAL CELEBRATION DAYS IN OCTOBER 2021



1st, World Smile Day (started by Harvey Bell, the creator of the smiley)



3rd, Grandparents Day

4th—10th, World Space Week



4th—10th, Dyslexia Awareness Week

4th—10th, National Curry Week

5th, World Teachers' Day



6th, National Badger Day

14th, World Sight Day



21st, Trafalgar Day (celebrating the battle won by Admiral Lord Nelson, who was born in Burnham Thorpe in Norfolk)

25th, World Opera Day

27th, National Cheese Toastie Day (see below)



31st, Halloween

31st, British Summertime ends so clocks go back 1 hour at 2am



TO CELEBRATE NATIONAL CHEESE TOASTIE DAY....

You don't need a special gadget to make a superb cheese toastie – a simple frying pan will do. Grate the cheese and add a dollop of Greek yoghurt to give the filling a good texture and tangy taste, balancing out the acidity with a swipe of your favourite chutney.



Ingredients

2 medium-thick slices bread, buttered on one side
 ½ – 1 tablespoon chutney
 1 slice ham (optional)
 1 cornichon, sliced (optional)
 Green salad, to serve

For the Filling

1 tablespoon full-fat Greek yoghurt
 1 tablespoon finely chopped chives or half finely chopped spring onion
 25g/1oz coarsely grated cheddar (or another hard cheese like Emmental, Red Leicester)

Method

- To make the filling, mix the yoghurt with the chives or spring onion. Stir in the grated cheese.
- Place the bread slices on a chopping board, buttered-side down. Spread one with chutney and top the other with the cheese filling. Lay the ham and cornichon on top, if using. Put the chutney-spread piece of bread on top of the cheesy piece, buttered-side up.
- Heat a large frying pan over a medium heat. Put the sandwich in the pan and fry for 3 minutes on one side, pressing down lightly with a spatula every so often, or until the bread is golden brown. Carefully turn over, using your spatula and another flattish implement, such as a palette knife or the back of a wooden spoon. Fry for a further 2 minutes or until crisp and golden.
- Cut the sandwich in half and serve with a green salad.





We know so many of you are looking forward to coming back to clubs since shutdowns due to the Covid-19 pandemic.

We want to make sure that when they open, they stay open so unfortunately we still have no start dates for these clubs:

Drop Ins at Dereham & Cromer

Saturday Clubs in Dereham & Swaffham

All club members will receive a letter from us when we do have confirmed reopening dates. Please be assured that we are constantly reviewing the situation and will keep you posted via this newsletter as well with further information.

GATEWAY CLUB

All meetings of this club are still cancelled due to Covid 19. We will keep you updated when there is a reopening date.

Meetings are usually held on Wednesday evenings at Dereham Community Hub, Independence Matters, Rash's Green, Dereham

STEPPING OUT CLUB

IS COMING BACK!!



The first meeting will take place on **Thursday 14th October 2021.**

Meetings will still take place at Church House, Church Street, Dereham

7.30pm — 9.00pm £1.50 Entry Fee

Their new meeting day will be Thursdays and future dates will be:

Thursday 21st October

Thursday 4th and Thursday 18th November

Thursday 2nd and Thursday 16th December

COME ALONG, ALL WELCOME

