

# In The Loop



October  
2022  
Issue

## GATEWAY CLUB

**RETURNING ON FRIDAY 7TH OCTOBER**  
**1st session free with cake!**



**New venue and new day** of the week  
for meetings.

Now on Friday evenings, 7pm to 9pm,  
at The Meeting Point,  
4 St. Withburga Lane, Dereham  
(opposite the Infant School)

After the first week, the entry fee will be £2  
(plus money for the tuck shop)

### COME & JOIN US

We are always looking for new members to come along.  
See old friends and develop new friendships too.



**AGM**  
Annual General Meeting

**Don't forget our AGM on**  
**Tuesday 4th October 2022 at 6.30pm**  
**at Mid Norfolk Mencap offices, 1a Tavern Lane,**  
**Dereham, NR19 1PX**

Please join us—we would like to see as many of you there.

Our guest speaker will be **Mr Craig Chalmers, Director of Community Social Work, Adult Social Services at Norfolk County Council, with a colleague**, to talk about the crucial issue of housing options and their accommodation strategy and, importantly, how it affects adults with learning disabilities and their family carers.

Refreshments will be on offer.

QUEEN ELIZABETH II  
1926-2022  
RIP



## NHS NORFOLK AND WAVENEY INTEGRATED CARE BOARD REPLACES THE CCG



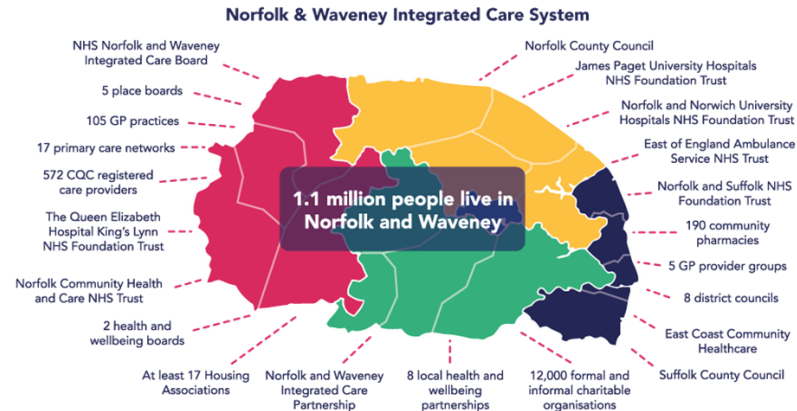
**Norfolk and Waveney**  
Integrated Care Board

Health and care services in Norfolk and Waveney have been working together closely over the past few years to improve services and provide more joined up care for local people. In December 2020, they were formally designated as an Integrated Care System (ICS). From 1st July 2022, as a result of the new Health and Care Act, the Norfolk and Waveney ICS gained legal status and now includes a statutory Integrated Care Partnership (ICP), and a new NHS body called NHS Norfolk and Waveney Integrated Care Board (ICB).

The NHS Norfolk and Waveney Clinical Commissioning Group (CCG) has been replaced by NHS Norfolk and Waveney ICB, and will now be known as **NHS Norfolk and Waveney**.

What's new? It will have a very different role to the former CCG – helping to bring organisations together, working together, removing traditional barriers, and more. It will be accountable for the performance and finances of the NHS across Norfolk and Waveney - a total budget of £2 billion a year.

The Integrated Care Partnership (ICP) is an alliance of health and social care providers, local government, the voluntary, community and social enterprise (VCSE) sector, and other partners. The ICP plays a key role in promoting the close collaboration of the health and care systems across Norfolk and Waveney and is now responsible for agreeing an integrated care strategy for improving the health care, social care, and public health in our area.



As a system, all partners will work together to help the NHS to support broader social and economic development and tackle inequalities in health outcomes for the people of Norfolk and Waveney. Working together as an ICS will help health and care organisations tackle complex challenges, including:

- Getting the best from collective resources so people get care as quickly as possible.
- Supporting people to stay well and independent.
- Acting sooner to help those with preventable conditions.
- Supporting those with long-term conditions or mental health issues.
- Caring for those with multiple needs as our population grows older.
- Improving the health of children and young people.
- Tackling waiting lists for surgery and care following the Covid-19 pandemic.

The move to integrated care gives them the opportunity to really make a difference and to deliver huge benefits to the local health and care system.



## COVID-19 VACCINE

# AUTUMN BOOSTERS

- ▶ Residents and staff in older adult care homes
- ▶ Frontline health and social care workers
- ▶ People aged 50 and over
- ▶ People aged 5-49 in a clinical risk group
- ▶ Household of immunosuppressed people
- ▶ Unpaid carers aged 16-49

Everyone aged 50 and over will be among those offered a Covid-19 booster and a flu jab this autumn under plans to increase protection against respiratory viruses ahead of winter.

Covid-19 is more serious in older people and in people with certain underlying health conditions. This winter it is expected that many respiratory infections, including Covid-19 and flu may be circulating at high levels – this may put increasing pressure on hospitals and other health care services. For these reasons, people aged 50 years and over, those in care homes, and those aged 5 years and over in clinical risk groups are being offered an autumn booster of the Covid-19 vaccine. A booster will also be offered to front-line health and social care staff, those who care for vulnerable individuals and families of individuals with weakened immune systems.

You should be offered an appointment between September and December, with those at highest risk being called in first. You should have your booster at least 3 months after your last dose of vaccine. You will be given a booster dose of a vaccine made by Pfizer or Moderna. You may be offered an updated combination version of these booster vaccines – the combination vaccines



include a half-dose of the previous vaccine combined with a half-dose of a vaccine against the Omicron variant. Both the previous and the combination vaccines boost protection very well, although the combination vaccines produce slightly higher levels of antibody against some strains of Omicron.

**If you are eligible for a flu vaccine, you may be able to have them at the same time.**

## CHANGES TO THE LEARNING DISABILITY PARTNERSHIP

Over the last few months, the Learning Disability Partnership and the Autism Partnership have been working to become more independent.

Throughout June, they asked organisations from across the country to submit bids to take over running the Partnerships from Norfolk County Council and in July, they arranged moderation interviews with bidders to choose the best people.

They have now announced that the bid was won by **ASD Helping Hands**.

ASD Helpings Hands started in 2010 to support families of people with autism and it is now one of the biggest charities supporting autistic people and their families in Norfolk. Their website can be found at:

<https://www.asdhelpinghands.org.uk/>



Lee Gibbons, the Operations Manager at ASD Helping Hands, has been the Engagement Working Group Lead for the Autism Partnership for around four years and has been very involved in other aspects of the Partnership's work. He plans to:

- Hire an expert in Learning Disabilities to run the Learning Disability Partnership.
- Find a venue to host Partnership events (This will probably be in Dereham).
- Set up social media.
- Contact newspapers, radio and TV to tell people about the Partnership.

The Learning Disability Partnership is aimed at people who are 18 years old or more. This is because there are other groups that people under 18 and their parents/carers can be involved in. This will stay the same when Lee takes over.

### **ASD Helping Hands officially takes over on 5th October 2022.**

ASD Helping Hands began with two support groups for families in Norfolk and have now grown to be the biggest charity supporting those with Autism within Norfolk. Their services include a family support service, offering support on an individual basis to parents/carers, children and adults. Support groups provide ongoing support to those in need, as well as residential holidays and activity days. They can also provide accredited training to parents/carers and professionals. To access their service, they do not insist on a diagnosis, a certain age bracket or a specific location. They aim to be fully inclusive of all those who require their support.

ASD Helping Hands is run by a team of dedicated volunteers who give their time to support others in a similar position to what they have experienced in their lives. Everyone involved with ASD Helping Hands has a lived experience and knowledge of Autism. They receive no statutory funding and are not funded by any governmental department, meaning we can provide you with independent and complete unbiased support. They have supported over 3500 families across Norfolk and Suffolk and are supported by a small team of volunteers all who have a direct living experience of supporting someone with an Autism Spectrum Disorder.

If you would like to speak to Lee directly, you can email or phone him at:

[Lee.gibbons@asdhelpinghands.org.uk](mailto:Lee.gibbons@asdhelpinghands.org.uk) OR 01362 853018



**COME AND DANCE  
THE NIGHT AWAY AT OUR  
CHRISTMAS DISCO**

**on Friday 2nd December 2022**

**7.30pm - 11.30pm**

**at Swanton Morley Village Hall**

**TICKETS ARE AVAILABLE  
NOW**

**Adults: £8 each**

**Children under 12: £4 each**



**Join Tinsel Tim with his party music,  
snow machine and  
pom pom snowballs!**

**Price includes buffet and the bar will  
be open.**

**There will be a Christmas Raffle.**



**Phone or email Sarah at the  
Mid Norfolk Mencap office for tickets:**

**Tel: 01362 693013**

**Email: [sarah@midnorfolkmencap.org](mailto:sarah@midnorfolkmencap.org)  
1A Tavern Lane, Dereham NT19 1PX**

***Payments will be taken by BACS.  
If you are unable to pay by bank transfer,  
we will still accept cash or cheque.***





*R.I.P QUEEN  
ELIZABETH II*

*A truly remarkable lady who served her country with dignity, loyalty and grace.*

*In the words of Paddington Bear, "Thank you Ma'am for everything".*

Queen Elizabeth II, the UK's longest serving monarch, died at her Scottish estate Balmoral aged 96, after reigning for 70 years.

She died peacefully on Thursday 8th September. The Queen came to the throne in 1952 and witnessed enormous social change. Her eldest son, Prince Charles, immediately became the new king, King Charles III.

We extend our condolences to the Royal Family. This is a sad moment for us all and we know that our members and staff will be reflecting on the passing of a monarch who had been an unchanging presence

throughout the entirety of most of our lives. Coming to the throne at a time when very few women were head of anything, let alone Head of State, must have been daunting, but over the next 70 years she was resolute in doing her duty. She has been and will always be an inspiration.

Like many businesses, supermarkets, doctor's surgeries and schools, we closed our office and community support service on the day of the funeral, Monday 19th September, as a mark of respect, with the day being declared a bank holiday.



We know that many of our staff, residents and community clients watched the funeral procession, service at Westminster Abbey and the committal service at Windsor, with many quite moved by it.



Our residents watched the proceedings all day and enjoyed watching the many soldiers on duty, some marching around Merle Boddy House to the bands. Coming not long after we all celebrated her Platinum Jubilee with parties in June, meant our residents and community clients were understandably extra upset at the news.

## FAMILY CARERS MEETINGS

The group have cancelled their organised meeting dates for the foreseeable future and are just meeting informally as and when the group members are available for a get together.

Contact Pauline Drury or Sue Rimmer for more information:

Pauline: 01362 637895 / paulinedrury@ yahoo.co.uk

or

Sue: 01328 855157 / suerimmer10@btinternet.com

# SPECIAL CELEBRATION DAYS IN OCTOBER 2022



1st, World Vegetarian Day  
2nd, London Marathon

2nd, 9th & 30th, NFL London Games



3rd, World Architecture Day

3rd-9th, the 24th National Curry Week



6th, World Cerebral Palsy Day

15th, start of the Rugby League World Cup  
(delayed from 2021)



RUGBY LEAGUE  
WORLD CUP  
ENGLAND 2021



11th, National Coming Out Day

12th, World Arthritis Day



12th, Take your teddy to work day

24th, Diwali, Hindu "Festival of Light"



30th, British Summertime ends (clocks go back)



31st, Halloween

## NATIONAL POETRY DAY

This year's National Poetry Day will take place on Thursday 6th October. The theme for this year is **The Environment**.

National Poetry Day is a UK-wide celebration of poetry taking place every October with a different theme each year. It's been taking place since 1994 when it was founded by William Sieghart and the Forward Arts Foundation. The main aim of the day is to increase the audience for poetry and celebrate all things poetic by promoting discovery, enjoyment and sharing of poetry. Since 1999, each national poetry day has had a theme which is said to be inspirational rather than prescriptive.

The day is supported by Arts Council England, the BBC, Royal Mail and many literary organisations and businesses from bookstores to libraries and schools.

### The Earth Needs You

The Earth needs you  
To change your ways,  
Month by month  
And day by day.



The changes are easy.  
Just look and you'll see  
The differences that can be made  
By you and by me.

Single-use plastic  
lasts almost forever.  
It might be cheap  
But it's not very clever.



It can end up in oceans, rivers and seas.  
The wind sometimes carries it  
And it tangles in trees.



When people drop it onto the ground,  
This is not where it stays,  
It travels around.



If people used less,  
The better place the world would be.  
The future's in our hands;  
Cut-down and you'll see.



We are still working hard to get all the clubs  
and drop in sessions open again  
in Dereham, Cromer and Swaffham.



**WATCH THIS SPACE!**

**See the front page for GATEWAY CLUB details.**

# STEPPING OUT CLUB



We now meet at  
**Mid Norfolk Mencap premises**  
**1A Tavern Lane, Dereham NR19 1PX**



7.30pm to 9pm  
with a £2 entry fee (plus money for the tuck shop).

From October 2022, we will meet on the **first** and **third** Thursdays each month,  
with the next meetings on:



**6th & 20th October**  
**3rd & 17th November**  
**1st & 15th December**



**COME & JOIN US**

We are always looking for new members to come along.  
We try to organise a different activity every week.



## Fall Back!

Remember to move  
your clocks  
back one  
hour.



**On 30th October 2022 at 2am,  
the clocks go back by 1 hour.**

When the clocks go back,  
this marks the end of  
British Summer Time.

It also means an extra hour in bed!  
An easy way to remember which  
way the clocks change is to think of  
the seasons: in spring the clocks  
'spring forward', while in **autumn**  
they 'fall back'.