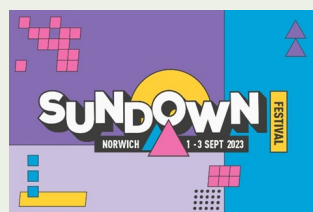




Two clients from our Community Outreach Service were supported to attend **Sundown Festival** in Norwich last month on Saturday 2nd September. Jade and Mark both love music and enjoyed a full day out lapping up the festival atmosphere.



Jade enjoyed being at the front of the stage and even had her photo taken with one of the acts.

See more photos overleaf.



Everyone welcome!
Stay informed and get involved.

Come along to our 46th Annual General Meeting
taking place on

Tuesday 3rd October 2023 at 6.30pm
at 1a Tavern Lane, Dereham, NR19 1PX

Two speakers from Norfolk County Council have been kind enough to agree to speak on the night:

CORINNE AVERY
(Head of Social Care, Adult Learning Disabilities)

& ANNA FAIRHURST
(LD Commissioning Manager)





More Sundown fun.....



The West Norfolk Autism Group (now a registered charity) provides support and guidance to individuals of all ages whose lives are affected by autism. They organise training/workshops and coffee mornings in a range of public venues, for anyone including professionals who are interested and would benefit from knowing and understanding more about autism in whatever capacity.

They also support autistic people, their families and carers and campaign for better local services for people living in West Norfolk and aim to improve their quality of life. The charity is run entirely by volunteers with lived or family experience of autism and we work tirelessly to deliver a vast range of social events and activities for our members. Their group supports around 150 families who are scattered across a wide area of West Norfolk, from Hunstanton to Downham Market.

Whether you have a child on the autistic spectrum, or are an autistic adult yourself, they would love you to join them.

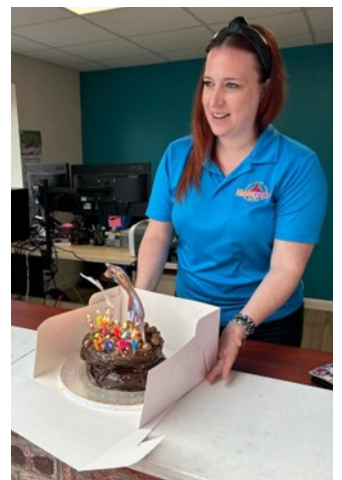
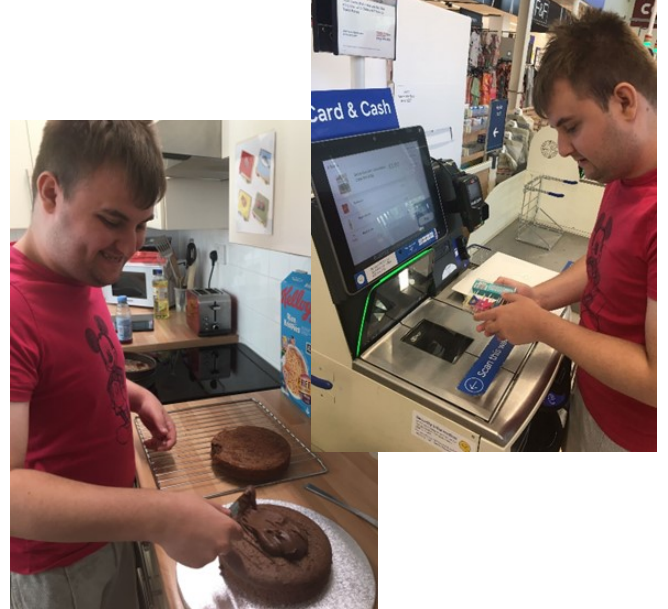
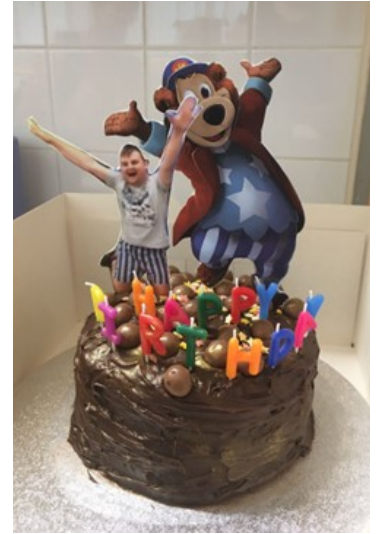
**Contact Karan, Emma, Jo, Fiona or Thomas at:
www.westnorfolkautismgroup.org.uk**

WOODY BEAR'S BIGGEST FAN

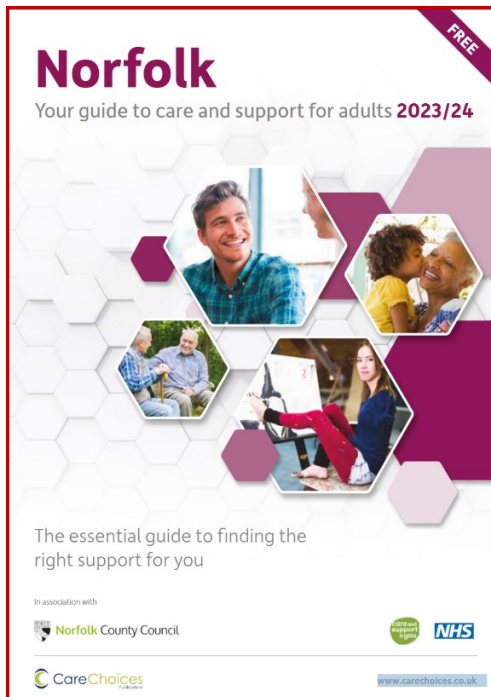
Josh has been emailing "Woody Bear" at Pleasurewood Hills for over 6 months now with staff there, particularly Stephanie, liaising with him (and his support staff here).

2023 is Pleasurewood Hills' and Woody Bear's 40th celebrations and Josh's own birthday was in August. Stephanie had kindly organised for a birthday card and free admission tickets for Josh and, when he found this out, he was beyond excited and wanted to make and take Woody a chocolate cake.

This was done (ingredients purchased and cake made by Josh himself) and the trip was organised for August. Staff there were so welcoming and needless to say, Josh had the best day of his life!! Woody loved the homemade cake too! We'd like to say a big thank you to Stephanie and all at Pleasurewood Hills for going above and beyond.



NORFOLK ADULT CARE AND SUPPORT GUIDE



The 2023 edition of Your Guide to Care and Support for Adults has now been published. This comprehensive guide to adult social care in Norfolk provides you with information covering safety in the home, falls prevention, accessing help from social care and much more.

The listings include details of all care providers in Norfolk.

To order your own **free** directory, to read online or download a PDF version, go to:

<https://www.carechoices.co.uk/publication/norfolk-care-and-support-guide/>



**Accessible
Great Days
Out UK**

For wheelchair-friendly days out & disabled access information, go to:

<https://access.great-days-out.co.uk>

The site aims to help you find accessibility information quickly and easily for hundreds of attractions and activities.



Euan's Guide is the award-winning disabled access charity. It was founded in 2013 by Euan MacDonald MBE, a powerchair user, and his sister Kiki after Euan was diagnosed with Motor Neuron Disease. They discovered how the lack of disabled access information made everyday experiences stressful and Euan's Guide was born after discovering that other disabled people experienced the same challenges.

Euan'sGuide.com is the disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond. The website shares thousands of experiences and is the go-to tool for many disabled people. Euan's Guide is opening doors for disabled people to find great places to go. By breaking down barriers of exclusion, it gives everyone the freedom to explore.

DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane, Dereham

Fridays Term-Time

7pm to 9pm

£2 entry, plus money for refreshments & raffle

Upcoming Calendar of Events

8th September

Music Club

15th September

Craft & Club Night

22nd September

Lend me your ears

29th September

Craft Night

6th October

Zumba

13th October

Music Club

20th October
Crafts

Halloween

Break for Half Term

3rd November

Craft & Quiz Night

10th November

Music Club

17th November

Zumba

24th November

Bingo

1st December

Christmas Crafts

8th December

No Gateway Club as
Mid Norfolk Mencap disco
at Swanton Morley village hall

15th December

Gateway Christmas Disco

Break for Christmas

12th January

Music Club

NEW MEMBERS WELCOME





WORLD MENTAL HEALTH DAY

Tuesday 10th October 2023

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

 **REST** Recover in Support Take

Mental Health Support in Dereham

@ Wellspring Family Centre

Friday 21st July, Wednesday 16th August, Friday 15th September and Friday 13th October.

12pm - 2pm

- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

 **REST** Recover in Support Take

Mental Health Support in Diss

@ Diss Corn Hall

Mondays 10am - 1pm, fortnightly

- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

 **REST** Recover in Support Take

Mental Health Support in Dereham

@ Dereham Assembly Rooms

Thursdays 1pm - 4pm, weekly

- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

 **REST** Recover in Support Take

Mental Health Support in Attleborough

@ Attleborough Town Council

Thursdays 9am - 12pm, fortnightly

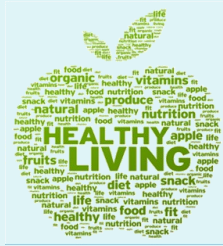
- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

To get the mental health support that is right for you
 Visit: norfolkandwaveneymind.org.uk
 Email: rictriage@norfolkandwaveneymind.org.uk Call:
 0300 330 5488
 Registered charity no. 1118449

FREE INDEPENDENT LIVING SKILLS COURSES IN 2023/24

Courses are being held at different locations across Norfolk.

Contact: al.ils@norfolk.gov.uk



Our FREE Healthy Food Healthy Lifestyle programme will be running at venues across Norfolk.

Living Healthily

This course will help you develop skills such as:

- How to improve your healthy eating habits.
- Planning and budgeting for meals
- Build coping strategies to maintain a healthy lifestyle.
- Confidence building.
- Build conversation strategies.



Living Creatively

This course will help you develop a selection of skills such as:

- Improving your creativity in art, crafts and writing skills
- Confidence building
- Build conversation strategies.



Living Positively

This course will help you develop a selection of skills such as:

- Improving your wellbeing
- Confidence building
- Build conversation strategies.



Participants will learn alongside people who have similar experiences and will expand their knowledge and unwrap their hidden talents and abilities.

NORFOLK LEARNING DISABILITY PARTNERSHIP

www.norfolklpartnership.org.uk

Norwich Locality Meeting

Venue:

The Willow Centre,
1-13 Willowcroft Way,
Cringford NR4 7JJ

Next meeting:

Tue 10th October 1.30pm to 3pm

West Norfolk Locality Meeting

Venue:

Parkview Resource Centre,
Birch Tree Close, London Road,
Kings Lynn PE30 5QD

Next meeting:

Mon 30th October 1.30pm to 3pm

North Norfolk Locality Meeting

Venue:

About With Friends
22c Holt Road
Cromer NR27 9JW

Next meeting:

Wed 18th October 1.30pm to 3pm

South Norfolk Locality Meeting

Venue:

ASD Helping Hands,
Room 412-416,
Breckland Business Centre,
St. Withburga Lane, Dereham NR19 1FD

Next meeting:

Wed 1st November, 1.30pm to 3pm



BACK TO THE WOODS

Rick & John, two clients from our Community Outreach Service have been back twice now to help on the local woodland estate, where we all helped to plant new trees in February.

They both showed an interest in maintaining the green space, worked hard, and were invited back by the landowners to help more on the Wendling Beck environment project.



STEPPING OUT CLUB

We meet at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
(on the first & third Thursday of each month)
7.30pm to 9pm £2 entry fee

THE NEXT THURSDAY MEETING DATES ARE:
5th & 19th October and 2nd & 16th November

New members are always welcome.



Produced by MID NORFOLK MENCAP
1a Tavern Lane, Dereham, Norfolk NR19 1PX
Telephone: 01362 693013
Email: info@midnorfolk Mencap.org
Website: www.midnorfolk Mencap.org