



Mid Norfolk Mencap 41st Annual General Meeting
We invite you all to attend our
Annual General Meeting on

Monday 8th October 6.30pm
Mid Norfolk Mencap, 1a Tavern Lane, Dereham, NR191PX



The speaker is Mr. Jonathan Williams

CEO East Coast Community Healthcare CIC

Mr. Williams will be speaking with members around the role of social enterprises in community, health and social care and partnership working with the charitable sector and how we can benefit for our service users.

We look forward to seeing you there!

Refreshments available



Reminder Annual Membership Renewal !

2018—2019

For those of you who are already part of the Annual Membership, we will be contacting you shortly to invite you to renew.

Joining is an excellent way of supporting the organisation, as all membership fees will be used towards our charitable activities.

If you are interested in joining our MNM membership, then please contact the office.

Membership benefits include:

- A membership card
- Regular and up-to-date publications
- Opportunities to join the Trustee board

Membership will cost £10 per person or £20 per household, per annum

To register your interest in this please contact Lorna or Anya at the office—01362 693013.

Membership application forms will be available from 24th September 2018.



Norfolk Learning
Disability Services
Southern Locality Group Meeting

1st November 2018
10.30am-1.00pm



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



Norfolk Learning
Disability Services
Northern Locality Group

19th November 2018
Meeting: 2—5pm

**Note: Change of meeting
venue— Now at**

Youngs Park, Woodgate Way,
Aylsham
NR11 6UJ



Norfolk Disability Pride 2018



Celebrating the lives and achievements of disabled people in Norfolk

Sunday 16th September 10am—4pm

Inside and Outside the Forum In Norwich City Centre

Everyone is welcome to come along and join in a day of Dance, conversation, music, songs and inspiring talks, highlighting the abilities and skills of disabled people and challenging negative stereotypes. This is a free late -summer event at the Forum in Norwich and is organised by a partnership of businesses and organisations including Equal Lives, Norwich City Council and Norfolk County Council, University of East Anglia to mention a few.

The event will showcase local artists, highlighting the skills and abilities of disabled people. There will be live performances, along with exhibitions and activities for all and talks covering a range of topics such as Mindful Chocolate Eating, recovering from Mental Health and practical parenting skills.

If you are free this day, with nothing much planned, perhaps this would be a good time to pop along to the Forum and visit the marketplace of stalls where individuals and groups will promote the activities and services they offer locally.



We now have our Breckland Lottery page up and running. Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-



our breckland
lottery

Support local good causes
win up to £25,000!





We have full and part time positions open within our dedicated staff team, who support and encourage people with varying degrees of learning disabilities, to live the life they choose with independence and equality. Our residential home is very close to the busy market town of Dereham.

You may or may not be experienced, but we can offer a supportive journey through career progression., via induction, regular supervisions, learning and development with recognition of you as an individual.

We also have various full and part time hours in our community outreach services as well as bank staff posts available.

We are committed to the safeguarding and protection of vulnerable adults, and your required DBS costs will be met by the organisation, along with all training costs.

Rate of pay: £7.83 per hour. Rates may vary in Community

To request an application pack, please contact Lorna or Anya on 01362 693013.

Please be assured that we will contact you with any decisions made on your application.





A warm welcome to Tracy who has come to live at Merle Boddy House'

She is proud to say she is a Norwich City fan and will gladly show you her tattoo to reveal her passion.

There has been visits to Dereham Football club already to watch the under 23's play Dereham club, Tracy was heard to give much encouragement to the team while playing!

Tracy has shown a keen interest in being part of all that happens here at the house including preparing her own meals with her new found friend Leslie. We look forward to Tracy becoming more at home with us over the coming months.

“Carers Information Day”

**The Norwich Forum
Millennium Plain, Norwich, NR2 1TF**

Monday 8th October 2018 10.00am till 3.00pm

Come along and meet the people who will offer Help, Information and Advice for Carers, Ex-Carers, Older People and the Lonely

Including:

**Macmillan Cancer Support
AGE UK Norwich - Autism Anglia
Norwich Access Group
Arthritis Care - Alzheimer's Society - Marie Curie
Dementia Services - Equal Lives
Norfolk Carers Support
Action for Blind People
BUILD**

Plus many more.....





East of England Co-op Community Token Scheme.

We have been busy here at Mid Norfolk Mencap, these past few months, looking for ways to Fundraise for our Sensory and Wellbeing Room. We look for any opportunity to do so and applied to join the East of England Co-op Community Token Scheme, We can now happily inform our readers, our application was successful.

Co-op shoppers will be given a chance to use their tokens to vote for our Sensory and Wellbeing Room, and we will receive a share of the £1000, depending on how many tokens we receive.

As you all are aware, you have been brilliant in supporting us with our Tesco Token Scheme during June and July, and should give yourselves a pat on the back, **BUT** we desperately need your support still, and would ask of you to support us further with the Co-op token scheme. Please, Please, pop along and pop those tokens in.

The following Co-op stores will be collecting for our cause:

- Dereham Road
- Norwich Station
- Fifers Lane
- Spixworth
- Heartsease
- Cannerby Lane
- Thorpe St Andrew



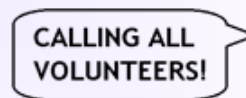
Volunteers Needed!



Do you have a few spare hours a week? Do you get bored at looking at four walls? Ever thought of becoming a volunteer? We are always pleased to see people coming forward to help volunteer in the various clubs and Drop-in sessions we run or as Trustee members. We also run a Playscheme and urgently need volunteers for this Arts and Crafts club this summer. This will run for 1 week from Monday 30th July to Friday 3rd August.

The rewards of becoming a volunteer are non-ending. Everyone has a talent, use yours to help people with learning disabilities. You will be amazed at the feel good factor you will experience and the gratitude shown from our members. We are **always** on the lookout for Volunteers.

If you are interested in volunteering, then please contact Anya or Lorna at the Mid Norfolk Mencap Office on 01362 693013.



We will be pleased to help.

Saturday Clubs—September



Swaffham - 1st September - Movie day and popcorn at the Convent



Dereham - There will **not** be a Sat Club on 15th September as we will be attending the Joan Mann Sports day on the 22nd September instead.

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 on Tavern Lane, Dereham.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 1pm- 3pm and will cost £18 per session.



Please note: Sessions will be reverting back to Wednesday Mornings 10.30—12.30 am starting on 5th September 2018



If you would like to attend the music sessions please contact Oliver on 01603 766690



Family Carer Meetings



The next Family Carers meeting is on

Wednesday 12th September 2018

There will be a Raffle and Table Top sale so bring extra cash

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 2018 can be found on our website: www.midnorfolkmenca.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@midnorfolkmenca.org
Website: www.midnorfolkmenca.org

Drop In's

-
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**



Gateway Club

**5th September— Club Night & Bingo
12th September—Back to Back
19th September—Music Club
26th September—Kurling**

**Dereham Community Hub
Independence Matters, Rash's Green,
Dereham
7.00—9.00pm**

£1 Entry Fee



Stepping Out Club

**3rd September—Visit to Strikes
10th September—No Meeting
17th September—Bingo
24th September—Visit from Ellie,
Cerys & Hannah**

**Meeting held at Church House
Church Street, Dereham
7.30—9.00pm**

£1 Entry Fee