



**Mid Norfolk Mencap 42nd
Annual General Meeting**

We invite all of our members to attend our
Annual General Meeting
on
Tuesday 8th October 2019 at 6.30pm

Mid Norfolk Mencap, 1a Tavern Lane, Dereham, NR191PX

**Guest speaker is Mr. Craig Chalmers, Director of
Community Social Work.**

Mr Craig Chalmers will be talking on the changes in adult
Social Care and how it affects adults with learning
disabilities and their family carers.

We look forward to seeing you there!



Please note:

Due to the staff summer holidays,
September's edition of the Loop is a
shortened version of its usual spread
this month.

Many thanks for your understanding.
We will be back to our usual 8 page
version next month

Please be aware that the Joan
Mann's Sports Day takes place
this year on Friday September
27th 2019.

Members from the Saturday
Club and Drop in sessions will
be attending on this day
therefore, there will
NOT be a Drop In
session on this
Day.



North Norfolk Summer BBQ & Disco

We are pleased to invite you to the Summer Disco on
Saturday 21st September 2019
from 6.30pm-10.00pm at Gresham Village Hall

A BBQ will be provided and we will be entertained
by a disco

Tickets: £7 for members & £7 for carers

Tickets available until Monday 20th August.
Please call the Mid Norfolk Mencap Office for further details
on Dereham 01362 693013



Norfolk Learning
Disability Services
Southern Locality Group Meeting



12th September
10.30am-1.00pm

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

Norfolk Learning
Disability Services
Northern Locality Group
10th September

Meeting 10.00am start

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

Youngs Park,
Woodgate Way, Aylsham
NR11 6UJ



Saturday Clubs September



Swaffham - 7th September - Autumn craft making session

Dereham— 21st September—No Session

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



We are planning to run fundraising activities throughout the year, raising money for our services and desperately need your donations for the tombola sections in particular.

If you think you can help with a donation as a prize, please could these be brought into the office at Tavern lane Monday to Fridays, between the hours of 9—4pm.

Many, Many thanks for your help.

Family Carer Meetings



The next Family Carers meeting is
on



Wednesday 11th September 2019

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 2019 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

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Drop In's



<p><u>Dereham</u> Tuesdays and Fridays 10.00am—2.00pm</p> <p>1a Tavern lane, Dereham NR19 1PX £4.00 entry fee</p>	<p><u>Cromer</u> Thursdays 1.00pm—4.00pm</p> <p>Merchants Place 16 Church Street Cromer, NR27 9ES £5.00 entry fee</p>
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Please Note:
Cromer Drop-In will re-start on Thursday September 5th 2019.

Stepping Out Club

2nd September — Playing Beetle Game

9th September —No Meeting

16th September— Games Night

23rd September — Unusual Quiz

30th September—Weatherspoons

Meeting held at Church House
Church Street
Dereham

7.00—9.00pm

£1 Entry Fee

Gateway Club

Club restarts on 4th September

Calendar of events TBC

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

£1 Entry Fee