



AGM 2020 Update

The outbreak of the coronavirus (Covid19) has affected society and the daily life of all of us these past months. This has caused its own challenges on how it impacts on our yearly Annual General Meeting here at Mid Norfolk Mencap.

With most public venues closed and social distancing in force, additional safety measures have had to be taken. It is impracticable for the AGM to take place as usual at Tavern Lane in Dereham. The public health concerns surrounding the coronavirus has caused us to re-evaluate how we approach our AGM whilst preserving the health and safety of our Members, Trustees and staff.

Mid Norfolk Mencap has made an assessment of how to best address this situation. We therefore will be conducting our AGM via Zoom this year. Having the meeting take place in this adjusted form, is the best way forward considering the circumstances.

We are therefore inviting you to the 43rd Annual General Meeting of Mid Norfolk Mencap which will be held at 6.30 on Tuesday 6th October 2020 via Zoom only. To access this meeting, you will need to send us your email address either verbally by ringing the office or by sending us an email addressed to lorna@midnorfolk Mencap.org stating you would like to be invited to the AGM. Please note that nearer the time you will be sent a letter and instructions of how to join the meeting.

Members will receive as usual through the post an Agenda, Trustee nomination form, Appointment of Proxy, 2019 AGM draft minutes and financial statements plus a copy of the Annual report and members letter.

As the meeting will not be a face to face meeting, if any of the members have any questions, queries or matters arising you would like to be asked or to be addressed, then please let us have them by 28th September 2020 via email:- lorna@midnorfolk Mencap.org letter or telephone call.

We look forward to seeing as many as you as possible via Zoom at the AGM.

BOWLING CHAMPION

Drop in members visited Strikes in Dereham for a bowling session in February of this year and had an amazing time. It was decided that all the playing members would take part in a bowling competition to see who would be the winning bowling champion until the next time they paid a visit. Thus, a trophy was needed and Bogdan's supporter Les had a quick word with his brother-in-law, who runs a shoe shop in Holt, which by coincidence apart from cutting keys, luckily engraves trophies as well. A trophy was bought by the shoe shop owner himself and kindly donated for the winner of the competition.

The competition itself was exciting with the lead changing many times. Lots of cheers and groans could be heard in the vast alley as the strikes and misses added up. The eventual winner was Bogdan Draghia whom is supported in the community by Mid Norfolk Mencap.

As you can see in this wonderful picture below, Bogdan was presented his trophy by the General Manager for being the winner and smiled from ear to ear all day long, pleased as punch with his victory. Well Done Bogdan.





If you have enjoyed these little craft activities here is another little something to craft if you have time on your hands whilst at home.

<p>Description of activity</p>	<p>Create a model elephant using an empty milk bottle.</p>
<p>Materials needed</p>	<ul style="list-style-type: none"> • Clean empty plastic milk bottle 2 or 4 litre size • Any scraps of coloured tissue paper or napkin or coloured thin paper or newspaper (use newspaper if you wish for a black & white elephant or paint the newspaper the colour of your choice) • PVA glue (Do not dilute) • Scissors • Paint brush or glue spatula • Googly eyes or draw your own with black felt pen
<p>Instructions</p>	<ul style="list-style-type: none"> • See the pictures below for guidance. • 1). Mark the milk bottle as in pic 1 keeping the top half of the bottle. Keep the separate bottom for later on. • 2) CUT USING SCISSORS round the dotted line as in pic 1 carefully. • 3) Mark each of the 4 sides at the bottom of the elephant into an arch as shown in pic 2. Cut out the arches to make 4 legs. • 4) You should end up with something as shown in pic 3 • 5) Using your choice of paper, glue tiny torn pieces onto the Elephant, (tiny pieces work best, about the size of two postage stamps, don't use bigger pieces than this as it's very difficult to glue and fit down. See pic 4. Keep the lid on and cover if wished. • 6) When dry, Glue the googly eyes on. You can either use the PVA again to go over your model, to give a full sheen, or paint your elephant and add ears if wished... these are used by cutting 2 circles out of the remaining half of the milk bottle, and completing as you did for the body of the elephant. Glue the ears on when dry as in pic 5.



Pic 1



Pic 2



Pic 3



Pic 4



Pic 5



Norfolk Learning
Disability Services
Southern Locality Group
Meeting

Cancelled till further notice

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



Norfolk Learning
Disability Services
Northern Locality Group
Meeting

Cancelled until further notice

**Note: Change of meeting
venue– Now at**
The Bayfield Centre
Kelling Hospital,
Old Cromer Road,
High Kelling, NR25 6QA

Covid19

Some businesses and public services are now opening in the high street. However you still need to follow the rules on social distancing and shielding. Many places will now have different guidelines and doing things in a different way to reduce the risk of catching Covid19. It is good that businesses are trying to keep everyone safe. Please co-operate with them. Below are just 2 pieces of information that you might find useful.

Take care and keep safe.

Face Coverings on Public Transport

With the Covid19 virus still prevailing, the government has ruled that from June 15th 2020, you must wear a face covering on public transport in England. You could be fined if you do not do so, however there are exceptions/ rules, if you are under 11yrs old have an impairment or a physical disability or mental illness that means you cannot put on or wear a face covering. If you are unsure about the government ruling, you can Check first by visiting:

https://www.firstgroup.com/uploads/node_images/face-covering-

Easy Read Posters

There are various easy read posters about the various aspects of the coronavirus pandemic available to read at:-

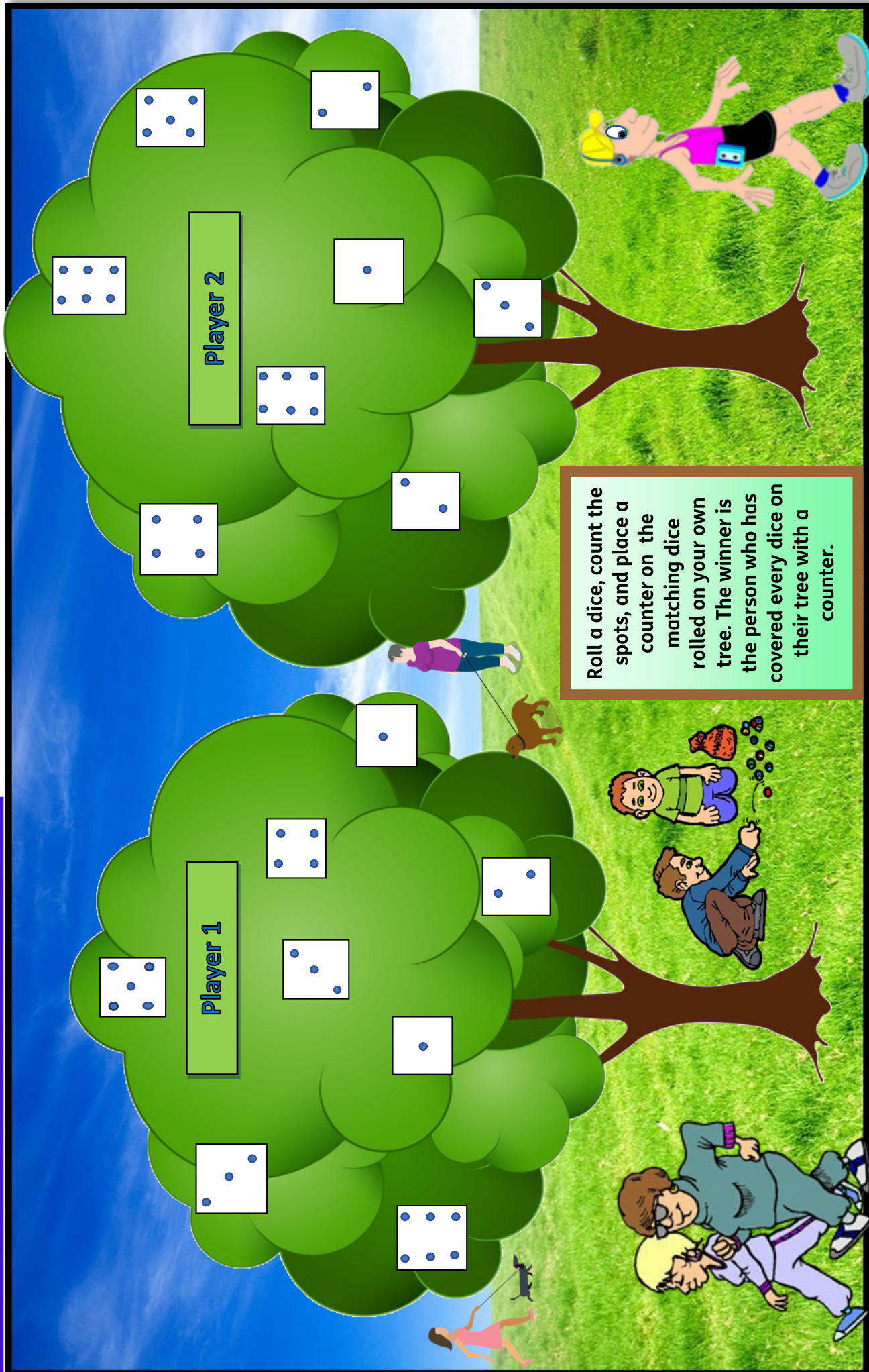
<https://www.keepsafe.org.uk> and are free to download and use.

Please note to the ever changing rules and circumstances, throughout this pandemic, that some or all of the government rulings might be liable to or have changed since this publication. Please always check on any updates.

Dice Game

Spend a little time to play another game this month.

16 COUNTERS AND 1 DICE REQUIRED



Roll a dice, count the spots, and place a counter on the matching dice rolled on your own tree. The winner is the person who has covered every tree with a counter.

Saturday Clubs–September

Due to the Coronavirus, all meetings of the Saturday Club are cancelled until further notice. We will keep you updated and informed of the situation in the coming weeks

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

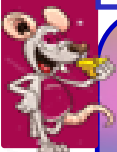
Family Carers Meetings

The next Family Carers meeting is on

Due to the Coronavirus all future meetings are cancelled until further notice. We will constantly be reviewing the situation and will keep you updated on this.

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.

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@midnorfolk Mencap.org Website: www.midnorfolk Mencap.org



Drop In's



Cromer

Thursdays
1.00pm—4.00pm

Merchants Place
16 Church Street
Cromer, NR27 9ES
£5.00 entry fee

Dereham

Tuesdays and Fridays
10.00am—2.00pm

1a Tavern lane,
Dereham
NR19 1PX
£4.00 entry fee

Cancelled until further notice

NEWS AND EVENTS

Stepping Out Club

All meetings of the Stepping Out Club are cancelled due to Covid19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting held at
Church House
Church Street
Dereham

7.30—9.00pm

Gateway Club

All meetings of the Gateway Club are cancelled due to Covid19.

We will keep you updated and informed of the situation in the coming weeks .

Meeting Held at
Dereham Community Hub
Independence Matters
Rash's Green
Dereham

7.00—9.00pm