



Some truly incredible talent representing team GB, brought home an amazing total of 65 medals from the 2024 Paris Olympics, finishing 7th in the overall table.

**14 Gold Medals**

**22 Silver Medals**

**29 Bronze Medals**

Huge congratulations goes to everyone who took part and made us all very proud.



**ATTENTION NOW TURNS TO**



**SUMMER PARALYMPIC GAMES**

**28th August - 8th September.**

The schedule includes 22 different sports across 549 events. GB have an amazing team of 215 athletes taking part in what will be their 17th consecutive Paralympic games and have been set a target by UK SPORT of winning between 100 and 140 medals ... WOW!!

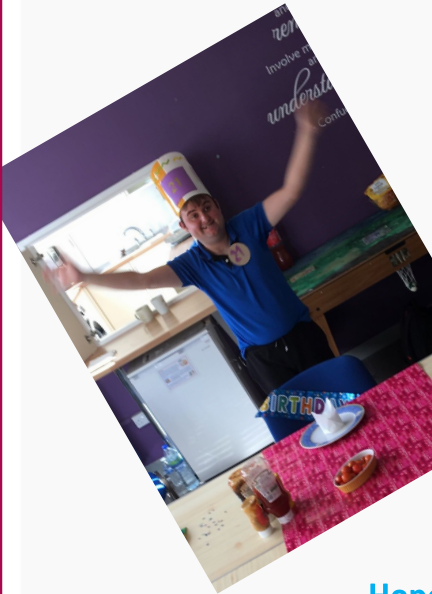
**THIS IS GOING TO BE A FANTASTIC EVENT AND NOT TO BE MISSED  
COME ON TEAM GB, WE'LL BE CHEERING YOU ON**

# Happy Birthday!

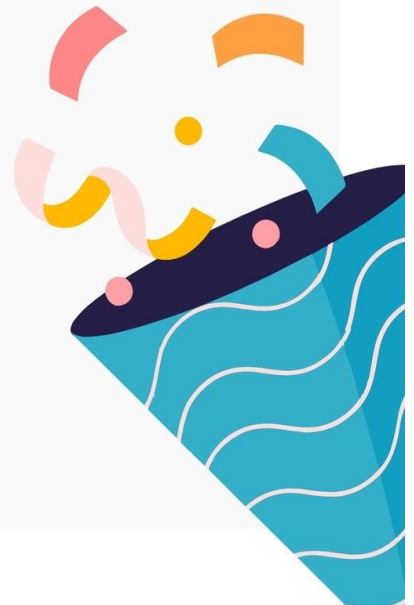
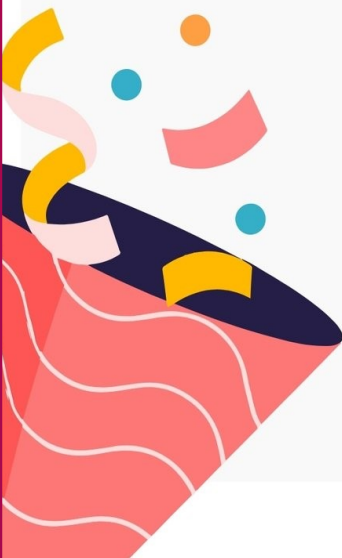
A massive Happy 21st Birthday goes to our very own Joshua Barnett, who celebrated in style here at Mid Norfolk Mencap with his friends.

Joshua made his own birthday hat, badge and banners

His friends all spoiled him with cards and gifts, ate lovely food and partied the afternoon away to Joshua's very extensive playlist. He also helped to make that very delicious cake, As you can imagine, there was not a lot left!!

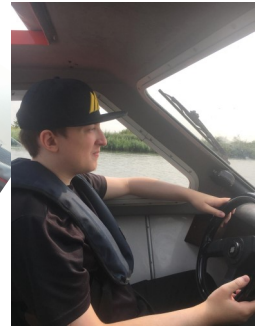
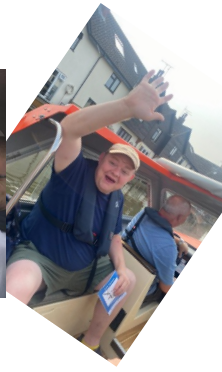


Hope you enjoyed your special day  
Josh, you certainly made us all smile  
with your dancing and singing



**WOW, THAT'S A LOT OF CANDLES**

**Zach, Alfie and Stephen enjoyed a lovely day of boating on the Broads**



**Residents of Merle Boddy House enjoyed afternoon tea on the train to Wymondham**



**Then a visit from the Bagpipe Man in the garden**



**John and Lawrence decided on a round of golf**



## WHAT'S GOING ON IN NORFOLK THIS SEPTEMBER

### Sandringham Game and Country Fair 2024

**Saturday 7th and Sunday 8th September**

This popular country fair showcases a range of crafts and food stalls as well as many outdoor demonstrations of country sport and activities in the stunning grounds of Sandringham Estate

#### Admission on the Day

Adults .....£19.00

Over 65's .....£18.00

Child (5-15) .....£7.00

Save with advance tickets online at [www.livingheritagecountryshows.com/tickets](http://www.livingheritagecountryshows.com/tickets)



BRANCASTER STAITHE  
SEA SHANTY FESTIVAL  
2024

13TH - 15TH SEPTEMBER

Get ready for a weekend of toe-tapping tunes and salty sing-alongs at the Sea Shanty Festival 2024, taking place over three days in beautiful Brancaster. This year's festival promises to be bigger and better than ever, with a lineup of exceptional Shantymen from across the country.

In addition to the music, the Sea Shanty Festival will feature a variety of family-friendly activities, including workshops, demonstrations, and storytelling. There will also be a market where you can browse for handcrafted goods, nautical gifts, and delicious treats.

### Holt & Sheringham Norfolk 1940's Weekend 2024

Held in conjunction with Sheringham 1940s Weekend, the event celebrates the wartime efforts of allied forces and the remarkable resilience shown by those who dealt with the hardships on the home front. Expect the sights, sounds and style of the '40s in the town of Holt.

On Saturday 21st and Sunday 22nd September 2024 this part of North Norfolk head back in time with lots of events ranging from military vehicle parades to pigeon racing.



On Sunday 22 September the popular Soap Box Derby returns to the streets of Hunstanton in Norfolk. In 2023 around 50 home-built karts took part with karts racing down the streets of Hunstanton on the first weekend of the Easter school holiday and marked 70 years since the first Soap Box Derby was held in Hunstanton in 1953.

**We are delighted to announce  
the long awaited return of:-**

**DEREHAM & DISTRICT GATEWAY CLUB**

**at The Meeting Point, 4 St. Withburga Lane,  
Dereham NR19 1ED  
Fridays, 7pm to 9pm  
£2 entry (plus money for refreshments & raffle)**

**This will start again in November**

**THE NEXT MEETINGS DATES ARE:  
8th, 15th, 22nd and 29th November**

We have different events and activities including bingo, karaoke, craft work, music club, Zumba, cake nights, club nights and disco

We do need more volunteers so if you want a fun, interesting, evening within a vibrant club setting please contact Anya or Vivienne at the Mencap office for more information.

We would also welcome donations of arts and crafts materials.

**A schedule of upcoming events will be available soon**



## Stepping Out

It is with great sadness that Stepping Out Club based in Dereham has had to close. The Club was started in 1997 (27 years) and through the commitment of numerous dedicated volunteers it was able to give a wide variety of individuals a great number of experiences and new friendships.

Following lockdown many clubs have seen a decrease in support and have found this time extremely difficult. Mid Norfolk Mencap has given assistance where they can over the past 3 years, but with dwindling numbers attending and not having enough volunteers the Club was no longer viable.

I would personally like to thank everyone who has helped or attended over the past 27 years and in particular Richard Perkins and Griselda Hubbard for keeping the group going. It was not an easy decision to make. We are seeing this as a temporary closure as we would all like to see this reinstated if the right conditions allow.

A few memories from the Club



**A** **NNUAL**  
**G** **ENERAL**  
**M** **EETING**

2024



We invite all of our members to attend our  
**47th Annual General Meeting**  
taking place on



**Tuesday 8th October 2024**  
**at 6.30pm**  
**at 1a Tavern Lane, Dereham, NR19 1PX**

We are delighted to have a guest speaker this year from  
Norfolk Care Association:  
**JONATHAN CLEMO, Director**  
(Associate Director Strategic Partnerships & Services for Marie Curie )

**PLEASE JOIN US**

**Refreshments will be on offer.**  
**We look forward to seeing you there!**



# NORFOLK AUTISM PARTNERSHIP

Here you will find a selection of events across Norfolk for those with Autism and their Parents and Carers. From regular support and social groups to one-day events!

CHECK OUT WHAT'S GOING ON THIS SEPTEMBER AT-  
[www.norfolkautismpartnership.org.uk](http://www.norfolkautismpartnership.org.uk)



Our Annual General Meeting will take place here at the Tavern Lane offices on  
**Tuesday 8th October 2024 at 6.30pm**  
Refreshments available.

We look forward to seeing as many of you here!  
We will be delighted to welcome Jonathan Clemo, from the Norfolk Care Association  
as our guest speaker on this occasion.

Our wonderful Christmas disco is already scheduled to return  
to Swanton Morley Village Hall on  
**Friday 13th December 2024**  
Christmas buffet provided. Further details to follow.

SUMMER BBQ FUNDRAISER FOR NEXT YEAR  
**Saturday 12th July 2025**

ONCE AGAIN, ANYONE WHO WOULD BE WILLING TO RECEIVE THIS PUBLICATION  
BY EMAIL RATHER THAN POST, PLEASE LET ME KNOW EITHER BY CALLING THE  
OFFICE ON THE NUMBER BELOW, OR

EMAIL [VIVIENNE@MIDNORFOLKMENCAP.ORG](mailto:VIVIENNE@MIDNORFOLKMENCAP.ORG)

THIS WILL REALLY HELP TO REDUCE PAPER AND STAMP COSTS. THANK YOU



Produced by MID NORFOLK MENCAP  
1a Tavern Lane, Dereham, Norfolk NR19 1PX  
Telephone: 01362 693013  
Email: [info@midnorfolkmenca.org](mailto:info@midnorfolkmenca.org)