



Mid Norfolk Mencap 40th Annual General Meeting

Tuesday 10th October 2017 starting at 6.30pm

Mid Norfolk Mencap, 1a Tavern Lane, Dereham, NR19 1PX

We look forward to seeing you there!

Refreshments available

We need your support!

Government changes to 'sleep-in' payments are threatening to take away vital support from thousands of disabled people. This support allows them to live a safe and independent life in the community. The care sector has been landed with a massive **£400 million** bill and many providers now face bankruptcy. This could mean the end of social care as we know it.

We are asking the Government to urgently commit to paying this bill as the sector cannot afford it.

Please go to the Royal Mencap website or click on the link on the Mid Norfolk Mencap website, to sign the **#StopSleepInCrisis** petition.



North Norfolk Summer BBQ & Disco



Saturday 16th September 6.30pm-10.00pm at Gresham Village Hall

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

Tickets: £6 for members & £6 for carers

Tickets available until 4th September. Please call the Mid Norfolk Mencap Office for further details

**Norfolk Learning
Disability Services
Southern Locality Group Meeting**



**2nd November 2017
10.30am-1.00pm**

**The Annexe,
Watton Sports Centre
118 Dereham Road
Watton,**

**Norfolk Learning
Disability Services
Northern Locality Group Meeting**

**30th October 2017
10.00am start**



**Friendship Hall,
Mill Road,
Aylsham**

Arts and Crafts Holiday Club

October Half-Term 2017



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX



24th & 25th October



The cost per full day session is £10.00 or you can book half day sessions for £5.00.

If you are interested in attending, please call Anya or Lorna on 01362 693013, or email info@midnorfolkmenca.org

“Carers Information Day”

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 2nd October 2017 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

Mid Norfolk Mencap

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.....



Saturday Clubs—September

Swaffham - On 2nd September we will be working on canvas designing our own pictures .

Dereham - The 16th September session won't be running due to the Joan Mann sports day taking place on the 23rd September .



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 10.30am-12.30pm and will cost £15 per session.



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



Family Carer Meetings

The next Family Carers meeting is on **Wednesday 13th September**

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 2017 can be found on our website:



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

Gateway Club

We hope you have had a lovely summer break.
 The Club will re-commence on
Wednesday 6th September 2017
 Dereham Community Hub,
 Independence Matters, Rash's Green,
 Dereham,
 7.00pm-9.00pm

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




Munch Bunch Cooking Club

The Munch Bunch cooking group is run by adults with a learning disability and their support workers. The group is open to all and is a fun and friendly way to meet new people and learn new skills.

Run fortnightly 10.30-1.00pm, at 1a Tavern Lane, Dereham. The cost is £4 for a 2 course meal.

Please Note:

Munch Bunch sessions will resume, starting on Monday 23rd October 2017. Please come along and give your support.

Stepping Out Club

4th September—Back to Back
 11th September —No Meeting
 18th September —Visit to Strikes
 25th September —Craft Evening

Meetings held at Church House,
 Church Street, Dereham 7.30pm-
 9.00pm