



September 2021
Issue



Mid Norfolk Mencap 44th Annual General Meeting

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

**Tuesday 5th October 2021
at 6.30pm at**

1a Tavern Lane, Dereham, NR19 1PX

Please join us—we would like to see as many faces there.

We remain Covid secure with facemasks and hand sanitiser available if required and plenty of space in the room for social distancing.

There will be refreshments on offer after the meeting but have made the decision not to have a speaker this year.



NEWS AND EVENTS

WHAT FUN WE HAD AT OUR FUNDRAISING SUMMER BBQ LAST MONTH!



Can you spot yourself?





**Thank you
to everyone
who
supported
the event**



DEFIBRILLATORS ON ORDER

We have kindly been left a sum of money through a member's legacy and we have decided to invest the money in purchasing two defibrillators, one for Merle Boddy House and one for the office at Tavern Lane. They are certainly not a cheap purchase but worth every penny if they can save a life.

No matter your age or fitness level, cardiac arrest can happen to anyone - the recent UEFA Euro football tournament saw that.



Heart defects often go undetected until a medical emergency. There have been numerous occasions when a child has become critically ill during a PE lesson and early defibrillation has saved their life. This is why public access defibrillators are so highly valued. **For every minute after someone suffers a cardiac arrest, they lose 10% of their survival chances.**

We cannot always rely on paramedics to arrive swiftly. For matters beyond their control, the emergency services cannot always reach us in their targeted time of 8 minutes, therefore, the onus is placed on bystanders to take action. With the help of a defibrillator, untrained individuals can resuscitate a casualty with ease, thanks to the user-friendly features of the device. Defibrillators aren't as intimidating as you might think and are actually more straightforward than figuring out how to work a new mobile phone!

We'll let you all know when they are fitted on our premises.



WE ARE RECRUITING FOR SUPPORT WORKERS NOW

We are currently recruiting for Support Workers to work at our residential home, Merle Boddy House, in Dereham.

We also have vacancies within our Community Outreach Support Services Team.



Please get in touch with Anya Rose or Sarah Freeman at the office on 01362 693013 for further information and job descriptions for both roles.

POST OR EMAIL?



As a charity, we always look at ways to save money.

If you are able to receive your monthly copy of **In the Loop** by email instead of by post, please email Sarah in the office on sarah@midnorfolk Mencap.org



Many thanks



FAMILY CARERS MEETINGS ARE BACK!

The first meeting for over a year took place on Wednesday 11th August and it was great to see so many smiling faces gathering again.

The next meeting is on **WEDNESDAY 8th SEPTEMBER**

Meetings take place between 10.30am—12.30pm at Dereham Memorial Hall, Norwich Street, Dereham one Wednesday every month with a £2 donation to cover the cost of refreshments and room hire.

New members are always welcome. Please come along.

Hand sanitisers and facemasks will be available at these meetings.

NEW TRUSTEE FOR MID NORFOLK MENCAP

We welcomed **Sarah Simpson** in June this year as a new Trustee for Mid Norfolk Mencap.



At various periods in her life, Sarah has worked with people with learning disabilities - as a volunteer in Mencap's physiotherapy department in Sleaford, Lincolnshire, with D4Dance (a dance group for adults with learning disabilities in Norwich funded by the Arts Council) and volunteering with a social group for young adults with learning disabilities in Lincolnshire. Although she doesn't have a family connection with Mencap, she does have a deep-seated association with it through her voluntary work and she would like to continue this work locally in the area that she now lives in.

Sarah currently works as a director of an engineering consultancy meaning that volunteering in a practical role is no longer viable, however, from past work with other boards (Council of the Chartered Institution of Highways & Transportation and as a Trustee for Home-Start Norwich), she feels she can commit to the workload required of a Trustee role.

We look forward to her input and her playing a fundamental role in the strategic development of the organisation and making a real difference to the lives of our members.

If you come along to the AGM in October, you can meet Sarah and the rest of the Trustees.



Are you a struggling parent carer?
The **Listening Ear Service** is here for you.

They provide emotional support, advice and ideas to help you cope. Appointments are free, confidential and over the phone with one of our family support advisers.

Visit [contact.org.uk/listening-ear](https://www.contact.org.uk/listening-ear) to book today.

You might be struggling emotionally and looking for strategies to help you cope, or maybe you just need to talk to someone who understands the extra challenges you face and who can point you in the right direction to get the support you need for your family.

To help, we offer 1-1 telephone appointments with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support.

Making an appointment is simple. Visit their website detailed above and you can choose the day (morning, afternoon or evening), and when you register choose the time slot you want. Appointments are regularly updated and are subject to availability.

CARERS' LOCALITY MEETINGS



No face to face meetings are taking place currently; meetings are currently online. These meetings are for carers and people working with carers to come together and share information about services and support for carers. They are an opportunity to identify what could be improved and co-develop solutions to gaps in support.

West Norfolk Locality Meeting – Wednesday 20th October

South Locality Meeting – Monday 25th October

East Norfolk Locality Meeting – Wednesday 27th October

Norwich Locality Meeting – Wednesday 3rd November

North Norfolk Locality Meeting – Wednesday 10th November

Membership to these meetings is open and carers are welcome to attend all of a meeting or drop in/out as suits their circumstances.

These meetings take place between 10.30am and 12.30pm and have been being held online via Zoom.

To find out more about the autumn dates,
please email info@carersvoice.org

or call Catherine Kennedy on 07932 095312 or Sophie Little on 07932 095260.

SPECIAL CELEBRATION DAYS IN SEPTEMBER 2021

4th, World Beard Day



5th, International Day of Charity



5th—12th, Tour of Britain cycle race

8th, International Literacy Day



10th, World Suicide Prevention Day



13th, Roald Dahl Story Day (his birthday)



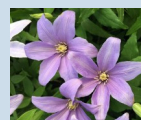
15th, Battle of Britain Day



21st, International Day of Peace



21st—26th, RHS Chelsea Flower Show



22nd, Hobbit Day



(being the birthday of the hobbits Bilbo and Frodo Baggins)

22nd, Autumnal Equinox

22nd, World Rhino Day



23rd, International Day of Sign Languages



24th, World Maritime Day



FREE 'SAFE MOVING AND HANDLING' COURSE

Do you assist somebody you know to move?

Are you using the most effective techniques to keep yourself & your family & friends safe?

Disabled Living will be delivering a free, virtual and interactive session on moving and handling to help you carry out your moving and handling tasks in a safe and efficient way. They will also be available to signpost you in the direction of additional advice and support. The free course is taking place on **Monday 20th September 2021**, and places are limited. For further information and to book on the session, please get in touch with Disabled Living at: training@disabledliving.co.uk.

To find out more about Disabled Living and sign up to their free newsletter, visit their website at: <https://www.disabledliving.co.uk>



RETURN OF THE CLUBS

After following government advice regarding the Covid 19 pandemic, our clubs have sadly been shut since last April.

Now with lockdowns over and the Covid 19 vaccination rollout in full swing, we are planning to slowly open up again, always with the safety of our members as a priority.

We are hoping to run the first Drop In session in Dereham mid-September, but still have no definite start date for the Cromer Drop In sessions.

We will be staggering the return of the other clubs, and are hopeful that the Saturday Club in Dereham will return in October.



All club members will receive a letter from us informing them of the planned reopening dates.

We are constantly reviewing the situation and will keep you posted via this newsletter with further information.

GATEWAY CLUB

All meetings of this club are still cancelled due to Covid 19.

We will keep you updated when there is a reopening date.

Meetings are usually held at Dereham Community Hub,
Independence Matters, Rash's Green, Dereham.

Wednesdays 7.00pm — 9.00pm £1 Entry Fee

STEPPING OUT CLUB

All meetings of this clubs are still cancelled due to Covid 19.

We will keep you updated and informed of any change in the situation.

Meetings are usually held at Church House, Church Street, Dereham.

Mondays 7.30—9.00pm £1.50 Entry Fee

**If you would like details on anything seen in this newsletter,
please contact Mid Norfolk Mencap, 1a Tavern Lane, Dereham, Norfolk NR19 1PX.**

Telephone: 01362 693013 Email: info@midnorfolkmenca.org

Website: www.midnorfolkmenca.org