



September 2022
Issue



We invite all of our members to attend our
45th Annual General Meeting
taking place on
Tuesday 4th October 2022
at 6.30pm
at 1a Tavern Lane, Dereham, NR19 1PX

Please join us—we would like to see as many of you there.
This year, we are thrilled that we have a guest speaker
for the event.

**Mr Craig Chalmers, Director of Community Social Work,
Adult Social Services at Norfolk County Council**
will be there, with a colleague, to talk about
the crucial issue of housing options and their
accommodation strategy and, importantly, how it affects
adults with learning disabilities and their family carers.

Refreshments will be on offer.

We look forward to seeing you there!



BUILDING THE RIGHT SUPPORT HOMES NOT HOSPITALS — A NEW ACTION PLAN

In July 2022, the government finally published their action plan ‘Building the Right Support’, which is a national plan to get people with a learning disability and/or autism out of inpatient mental health hospitals across England.

These hospitals are places where people with a learning disability and/or autism are at increased risk of abuse and neglect, including through misuse of restraint and over-medication. The human rights breaches, abuse scandals and trauma people have experienced in many of these settings are well documented through police investigations, regulatory inspections and urgent recommendations for change including from parliament’s Joint Committee on Human Rights and the Care Quality Commission.

People with a learning disability and autistic people should have the right support in place to live an ordinary life and fulfil their aspirations, in their own home.



‘Building the Right Support’ is the government’s policy to achieve this ambition by:

- strengthening community support.
- reducing the overall reliance on specialist inpatient care in mental health hospitals.
- improving the experiences of people with a learning disability and autistic people across public services such as health, social care, education, employment, housing and justice.

This action plan brings together, in one place, the commitments that have been made by different organisations to realise these aims. It aims to make further and faster progress, and drive long-term change for people with a learning disability and autistic people.

Building the Right Support is about making sure that people can live in the community with the right support instead of mental health hospitals. At the moment, some people with a learning disability and autistic people stay a long time in mental health hospitals.

Building the Right Support is about supporting more people with a learning disability and autistic people to leave mental health hospitals. Many people with a learning disability and autistic people have already left mental health hospitals but they want even more people to leave by March 2024 so they still have more to do.

Building the Right Support is about making sure that people can live in the community with the right support instead of hospitals. This plan brings together work that lots of different organisations are doing on Building the Right Support. Each organisation is clear on what work they must do and when they must do the work by.

Easy read guide available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090585/Building-the-Right-Support-Action-Plan_easy-read.pdf

GATEWAY CLUB

WE KNOW YOU HAVE ALL BEEN WAITING
A LONG TIME FOR THIS NEWS.....

The Gateway Club is returning on
Friday 7th October 2022

1st session free with celebration cake!!



We have a **new venue** and **new day** of the week for meetings.

We will now meet on **Fridays, 7pm to 9pm.**



The new venue for our meetings will be at
Dereham Meeting Point,
4 St. Withburga Lane, Dereham NR19 1ED
(opposite the Infant School)

After the first week, the entry fee will be £2
(plus money for the tuck shop)



The meeting dates for this year will be:

October: Fridays 7th, 14th, 21st

November: Fridays 4th, 11th, 18th, 25th

December: Fridays 9th, 16th

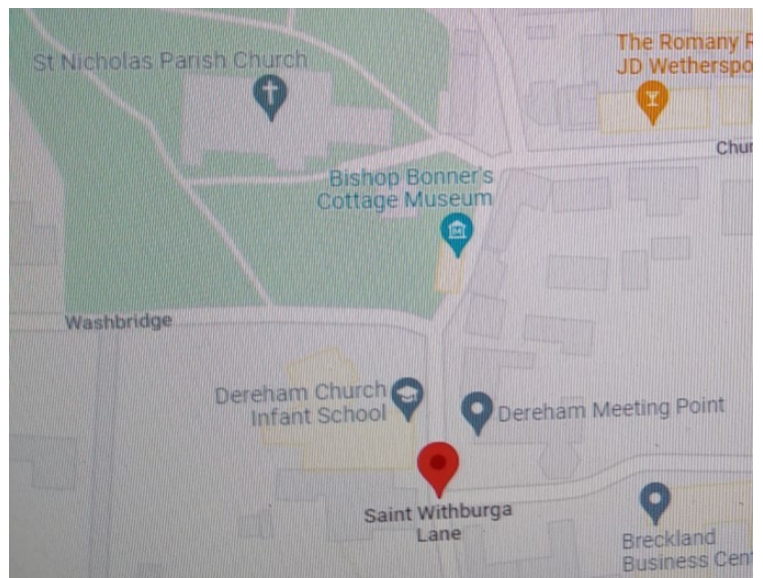
Some of these dates may be outings.

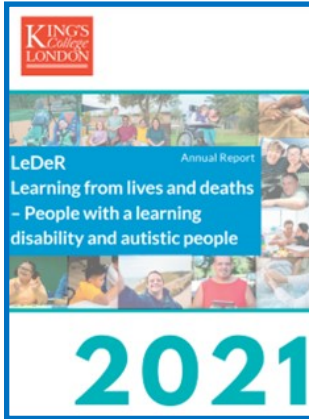
A letter will be sent out to all previous members with details.

COME & JOIN US

We are always looking for new
members to come along.

See old friends and develop
new friendships too.





The NHS has reported people with a learning disability often have poorer physical and mental health than other people. They need to understand why so that they can make a difference to people's lives. One of the ways they are finding out this information is by looking at the cause of death of someone with a learning disability.

LeDeR stands for Learning Disabilities Mortality Review and was established in 2017. They get all their information from families who have lost a loved one and, by notifying LeDeR of a death, it helps the researchers to understand more of why it happened and for change in the future if it was preventable.

The 2021 LeDeR report was published by King's College London in July and aims to:

- Improve care for people with a learning disability and autistic people.
- Reduce health inequalities for people with a learning disability and autistic people.
- Prevent people with a learning disability and autistic people from early deaths.

The report utilises data from LeDeR reviews, focusing on the reviews of deaths of people with a learning disability that occurred predominantly in 2021 and uses comparisons with the deaths occurring in 2018, 2019 and 2020. It also highlights the impact of the Covid-19 pandemic during 2020 and 2021.

This year's report found a number of things:

1. People with a learning disability continue to have a much shorter life expectancy than the wider general public, with 6 out of 10 dying before age 65, compared to 1 out of 10 for people from the general population. Those with epilepsy and from minority ethnic backgrounds were more likely to die younger.
2. The most common cause of death based on death certificates during 2021 was Covid 19. The estimated excess deaths during 2021 compared to pre-pandemic years was double that of the general population. Being vaccinated reduced the likelihood of dying of Covid 19.
3. Approximately half of all deaths of people with a learning disability was deemed to be avoidable, compared to less than a quarter for people from the general population.

The LeDeR report can be found at: <https://www.kcl.ac.uk/research/leder>

With the easy read report at:

<https://www.kcl.ac.uk/ioppn/assets/fans-dept/leder-2021-easy-read-report.pdf>



GOOD NEWS!!

The Christmas Disco returns on

Friday 2nd December 2022,

7.30pm to 11.30pm,

at Swanton Morley Village Hall.

Join Tinsel Tim with his music, snow machine and pom pom snowballs.

Christmas raffle & nibbles provided.

FURTHER TICKET DETAILS TO FOLLOW.



SUMMER FUN

Out and about with the residents of Merle Boddy House and clients from the Community Outreach Service.



#MencapMythbusters

JESSICA-JANE APPLGATE MBE

Myth to Bust: People who have a learning disability all look the same; just because I may not look like I have a disability, it doesn't mean it's not there!

She is a Paralympic swimming champion and campaigner who has competed competitively at a global level for over a decade; since people with a learning disability were first allowed to participate!

She competes in the S14 classification for swimmers with intellectual disabilities, mainly freestyle and backstroke preferring shorter distances.

She qualified for the 2012 Summer Paralympics and went on to win the Gold, setting a Paralympic record in the S14 200m Freestyle. She was appointed a Member of the Order of the British Empire (MBE) in the 2013 New Year Honours for services to swimming.



It took Jessica-Jane a decade in the sport of swimming to get her hands on a Commonwealth medal. The Great Yarmouth star finally did it with a strong swim to win the 200m Freestyle S14 Silver in a time of 2:08.56 seconds to the delight of a boisterous Birmingham crowd last month. For Applegate to do this at these Games was the culmination of a long battle to get intellectually impaired sporting classification a spot in the Commonwealth programme. "I've been told so many times in the past that I don't look 'disabled' enough for things like sponsorship deals. It means a lot. I campaigned a lot for this to happen, it's finally happened after eight years."

She is far from finished in the water, however, and is plotting a path to Paris 2024 which she expects to be her swansong.

JESSICA JANE APPLGATE MBE SWIMMER



Age: 25

Lives: Great Yarmouth

Disability: I have learning disabilities

Likes: Animals, especially dogs! Chocolate

Alone time

Dislikes: People who are late Noisy eaters Cutlery scraping along plates

mencap
MYTH BUSTERS

FAMILY CARERS MEETINGS

The group have cancelled their organised meeting dates for the foreseeable future and are just meeting informally as and when the group members are available for a get together.

They recently used the funds raised at Pauline's garden party last June on visiting the spectacular garden of Jean and John Walton in Westfield, Dereham. They enjoyed cakes and refreshments, after walking around the vast and beautiful garden. Sue had also organised a raffle with some wonderful prizes that many had donated. The money raised from this was donated in return to Jean and John's chosen charity, The National Gardens Scheme.

Contact Pauline Drury or Sue Rimmer for more information:

Pauline: 01362 637895 / paulinedrury@ yahoo.co.uk
or
Sue: 01328 855157 / suerimmer10@btinternet.com



SPECIAL CELEBRATION DAYS IN SEPTEMBER 2022

2nd—4th, Sundown Festival, Norwich Showground.



5th, International Day of Charity chosen in order to commemorate the anniversary of the passing of Mother Teresa of Calcutta, who received the Nobel Peace Prize in 1979.

4th—11th, Tour of Britain cycle race, starts in Aberdeen with the last stage on the Isle of Wight.



8th, International Literacy Day, designated by UNESCO in 1967 as a day which marks the importance of literacy to all countries & cultures.



8th, Star Trek Day. The first episode was aired on this day in 1966.

9th, International Sudoku Day designated by the World Puzzle Federation as the 9th because Sudoku is traditionally played on a 9 x 9 board.

5	11	8	4	6	9	2
6	2	9	1	5	4	8
4	9	8	7	5	2	6
1	5	4	6	9	8	2
9	6	4	2	8	5	1
2	8	7	5	1	3	6
7	9	3	6	5	1	8
8	2	5	1	4	9	6
6	4	1	8	9	2	5

11th, Patriot Day is a United States national observance that honours the memory of those who were killed in the 9/11 attacks of 2001, first observed in 2002 after the proclamation by President George W. Bush.



19th, Talk Like A Pirate Day! "Shiver me timbers!"

23rd, Autumnal Equinox, in the Northern hemisphere the date marks the end of summer and beginning of autumn.

HARVEST FESTIVAL & CORN DOLLIES

The Harvest Festival is a traditional event celebrating the successful gathering of the year's crops. Often celebrated in churches and schools, people are encouraged to donate homegrown produce, fruit and vegetables to those in need. It is a time for feasting, celebrating and giving thanks and also a time for honouring those who grow and reap the crops.



The word 'harvest' comes from the Old English word *hærfest* meaning 'autumn', aptly the season for gathering the food of the land. In the UK, the Harvest Festival is traditionally celebrated on the Sunday nearest the harvest moon, the full Moon that occurs closest to the autumn equinox.

Corn dollies are a form of straw work made as part of harvest customs before mechanisation. The making of corn dollies goes back many thousands of years. It was a Pagan custom and evolved from the beliefs of the corn growing people who believed in the Corn Spirit and was made from the last sheaf of corn cut. The Corn Spirit would then spend the winter in the home until the "corn dolly" was ploughed into the first furrow of the new season. The craft was brought to a halt by the advent of mechanisation in the 1800s, but is now being revived as a fascinating hobby.

Norfolk Lantern



Suffolk Horseshoe



DROP INS in Dereham and Cromer
SATURDAY CLUBS in Dereham and Swaffham

We are still working hard to get these clubs and drop in sessions open again.

WATCH THIS SPACE!

See Page 3 inside for GATEWAY CLUB opening date.



STEPPING OUT CLUB

We now meet at
Mid Norfolk Mencap premises
1A Tavern Lane, Dereham NR19 1PX
7.30pm to 9pm
with a £2 entry fee (plus money for the tuck shop).



The next planned meeting dates are:
8th September (sponsored walk)
22nd September



From October, we will meet on the **first** and **third** Thursdays each month,
with the next meetings on:
6th & 20th October
3rd & 17th November
1st & 15th December

COME & JOIN US

We are always looking for new members to come along.
We try to organise a different activity every week.



WE ARE RECRUITING FOR SUPPORT WORKERS

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

Please get in touch with Anya Rose or Sarah Freeman at the Tavern Lane office on 01362 693013 for further information and a job description.