

In The Loop



September 2023

Issue



We invite all of our members to attend our
46th Annual General Meeting

taking place on

Tuesday 3rd October 2023

at 6.30pm

at 1a Tavern Lane, Dereham, NR19 1PX



Two speakers from Norfolk County Council have been kind enough to agree to speak on the night:

CORINNE AVERY

(Head of Social Care, Adult Learning Disabilities)

ANNA FAIRHURST

(LD Commissioning Manager)

PLEASE JOIN US

Refreshments will be on offer.

We look forward to seeing you there!



The Down's Syndrome Association launched their **DSEngage** programme in response to the Coronavirus pandemic. Their weekly live online programme of activities for people of all ages who have Down's Syndrome are free and they would love you to join them.

From dance, yoga, fitness challenges to arts & crafts and cooking, there is something to suit everyone to join in with at home.







To find your chosen weekly activity, go to:
<https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/>
 and sign up!

They also have hours of videos on their YouTube channel with lots of activities for you to watch and try. Find them at:

<https://www.youtube.com/user/DownsSyndromeAssoUK>

DSEngage  **DSEngage Live Online Session Timetable** 

Find out more about DSEngage and access all our extra downloadable activities at [downs-syndrome.org.uk/dsengage](https://www.downs-syndrome.org.uk/dsengage)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Weekly Workout</p> <p>4.00 - 4.45pm</p>   <p>bit.ly/DSEngageWeeklyWorkout</p>	<p>4pm Disco</p> <p>4.00 - 5.00pm</p>  <p>bit.ly/DSEngage4pmDisco</p> <p>OR</p> <p>Evening Disco</p> <p>7.00 - 8.00pm</p>  <p>bit.ly/DSEngageEveningDisco</p>	<p>Mr Motivator! Live Workout</p> <p>6.30 - 7.15pm</p>   <p>bit.ly/MrMotivatorDSEngage</p>	<p>Wake Up and Dance with DanceSyndrome</p> <p>9.15 - 10.00am</p>   <p>bit.ly/DSEngageWakeUpAndDance</p>	<p>Pilates Plus</p> <p>4.00 - 5.00pm</p>   <p>bit.ly/DSEngagePilatesPlus</p>

We run two disco sessions - the 4pm Disco and the Evening Disco. The disco sessions happen on alternate Tuesdays. Go to the DSEngage webpage for all the details.



**Are you Autistic?
 or are you a carer or family member
 of an Autistic Person?**



Norfolk Libraries are creating spaces for people to meet and chat in a friendly, casual environment.

Thetford Library is hosting
Fortnightly Meet-up for Autistic Adults! (18+)

Monday Evening every fortnight starting
 5th June 2023

Time: 5:30 pm - 6:30 pm

This is a free event and you can just turn up

For more information ask one of our staff or email:

thetford.lib@libraries.norfolk.gov.uk

Telephone: 01842 752048

Norfolk Library and Information Service
borrow discover connect



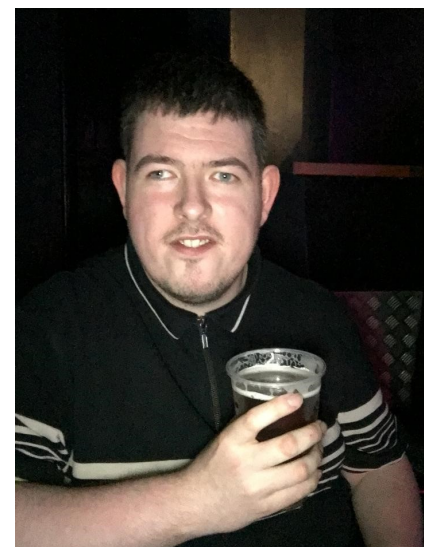
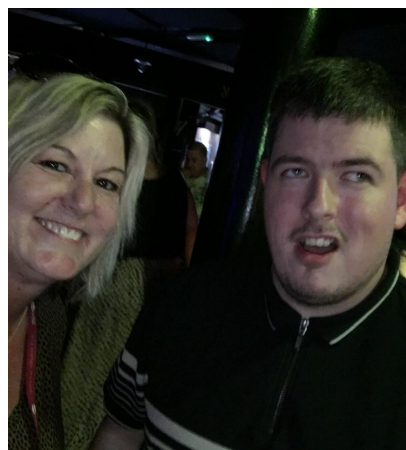
FUSE PARTIES IN NORWICH

One of our Community Outreach Service clients, Michael, has a love of pop music and DJing. When he found out about the FUSE parties (through our *In the Loop*) that are held at The Waterfront in Norwich, he was eager to attend. His support was changed to enable him to attend with support workers and he has now been to the venue twice over the last couple of months.

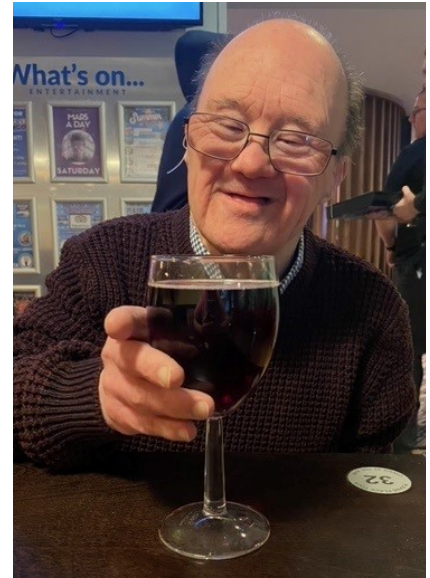
Future dates are:

Thursdays 28th September, 26th October, 30th November & 14th December.

Go along for Norfolk's best Club style party for people with disabilities between 6.30pm and 9pm. Plenty of space and air extraction to keep people safe. Open to anyone over the age of 18 with disabilities, and their carers. Entry is £7 per person with up to 2 carers getting in free. No need to book, just turn up for full bar and DJ Barry Dunning of Silverlight Disco.



More information can be found at:
www.buildcharity.co.uk/Pages/News/



Lesley and Tracy, residents from Merle Boddy House, can be seen enjoying their holiday to Gorleston in July (supported by our staff).





NORFOLK COUNTY COUNCIL SEEKS VIEWS ON THE FUTURE OF ADULT SOCIAL CARE

A summer of conversation is taking place in Norfolk, as the County Council asks people from across communities about the future of Adult Social Care. Entitled **Conversations Matter**, Norfolk County Council is holding a wide-ranging engagement programme, asking people to shape its future priorities for Adult Social Care.

Adult Social Care covers a wide range of activities to enable people to live independently, stay well and safe. Under the banner Promoting Independence, the council wants to support people to be independent, well and able to deal with life's challenges. With an ageing population, people living longer with ill health, and proposed national reforms to social care in 2025, the council wants to make sure it has the right priorities to plan for the next three to five years.

Cllr Alison Thomas, Cabinet Member for Adult Social Care at Norfolk County Council, said: "It's great news that people are living longer. We want to help them to live as happily, healthily and independently as possible. In Norfolk, we have a changing and growing population, so we have to plan for our services to be long-lasting and financially stable. We have more people needing our help and we need to make sure we have the right plans in places so that we can support them in the right way."

"To help us plan, we'd like as many people as possible to take part in our **Conversations Matter** programme. You might not use our services now, but you or your loved ones might need some support from social care in the future, so we're really keen to hear from you. We also want to hear from people that have used our services in the past."

Residents from across the county can get involved by filling in an online survey found at:

<https://norfolk.citizenspace.com/health/what-social-care-means-to-you/consultation/subpage.2023-05-23.5331193338/>

or picking up a hard copy of a survey in a library (large print and easy read versions also available).

Conversations Matter runs until Friday 1st September 2023 and the council is asking people for their views on three key themes:

- Prevention and early help
- Being and staying, independent
- Living with complex needs



Norfolk County Council
Adult Social Services

HAVE YOUR SAY ON TICKET OFFICE CLOSURES

The government has announced plans to close the majority of railway station ticket offices, but public consultation on this important issue has been extended to **Friday 1st September 2023**.

Many pensioners and people with disabilities say they rely on help from ticket office staff to travel independently and campaigners say the changes would make stations far less accessible to millions of people. It is impossible for disabled people, particularly those with sensory and mobility disabilities, to find staff all over a station when seeking help particularly at times of disruption. How will people who rely on assistance be able to use the station safely, and on time? Without clear and prompt assistance from people there to help at stations, disabled people will be disadvantaged and even deterred from travelling by rail.



A fifth of the population is disabled and two thirds of rail passengers with disabilities experience barriers to travel according to the Government's own data. The closure of ticket offices is seen as a slippery slope to unmanned stations. Disabled people rely heavily on highly trained ticket office staff for journey and timetable information and the purchase of tickets. An important aspect of ticket offices is that there are some tickets which make it cheaper for disabled people to travel that you cannot buy at most ticket vending machines as various special discounts are not available on them such as the 50 per cent wheelchair user discount. People with learning disabilities, vision impairments and who use a wheelchair fear the closure of ticket offices at train stations will strip them of their independence.

Greater Anglian have announced 47 closures:

Audley End, Billericay, Bishop's Stortford, Braintree, Brimsdown, Broxbourne, Burnham-On-Crouch, Cheshunt, Clacton-On-Sea, Colchester Town, **Diss**, Elsenham, Ely, Enfield Lock, Frinton-On-Sea, **Great Yarmouth**, Harlow Town, Hatfield Peverel, Hertford East, Hockley, Ingatestone, Kelvedon, **Lowestoft**, Manningtree, March, Marks Tey, Newport (Essex), Prittlewell, Rayleigh, Rochford, Rye House, Sawbridgeworth, Shelford, Shenfield, South Woodham Ferrers, Southend Victoria, St Margarets, Stansted Mountfitchet, **Stowmarket**, **Thetford**, Tottenham Hale, Waltham Cross, Ware, Whittlesford Parkway, Wickford, Witham, Wivenhoe.

If you have a comment about any of the changes proposed, please get in touch by **1st September** and make it clear if you are commenting about all stations or an individual rail station.

You can email your response to:
ga.consultation@londontravelwatch.org.uk

Or write to:
Freeport RTEH-XAGE-BYKZ,
London TravelWatch, PO Box 5594,
Southend-on-Sea SS1 9PZ.

If you need assistance to provide feedback, please contact 0203 176 2999.



DID YOU KNOW IT'S NATIONAL COMIC BOOK DAY on 25th September

This honours the art, artists and stories of comic books. First popularised in the United States, the earliest comic strips (which later gave birth to comic books) displayed dialogue in bubbles or balloons above characters' heads. As an art form, the designs can be quite intricate and, despite their name, comic books are not all humorous in tone and feature stories in all genres.

In 1896 in the U.S., *The Yellow Kid* was published as the first book to use the term "comic book" as a 196 page book featuring black and white prints, measured 5x7 inches and sold for 50 cents.

Comic books grew in popularity throughout the 1930's. Among the most popular were detective comics and superhero comics.

British comics historically shared the same format size, based on a sheet of 30 x 22 inch paper folded, but moved away from this size, adopting a standard magazine size. Until that point, the British comic was also usually printed on newsprint, with black or a dark red used as the dark colour and the four colour process used on the cover.



British comics are typically aimed at children with the two most popular comics, *The Beano* and *The Dandy*, released by DC Thomson & Co, a newspaper company in Dundee, in the 1930s. By 1950, the weekly circulation of both reached two million!

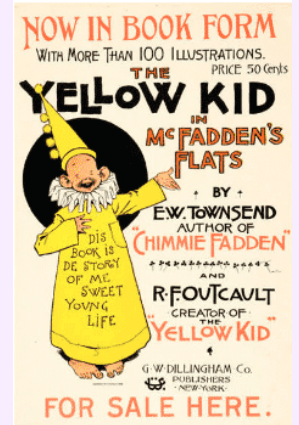
The Dandy began in 1937 and *The Beano* in 1938, with both switching to an all-colour format in 1993. With *The Beano* still going today, *The Dandy* sadly ceased print publication in 2012.

The Beano is the world's longest-running comic and published its first issue on 30th July 1938. It thrived through World War II and recently marked its 85th anniversary this year with guest appearances from King Charles III, Adele, Stormzy and Harry Styles.

The guests to appear in this edition were drawn after 3,000 children, aged 7 to 14, were asked in a poll which celebrities they would like to see in cartoon form. Sir David Attenborough, Lewis Hamilton and Jill Scott all appear too. Footballer Marcus Rashford is in there as well after being voted as the most inspirational celebrity, while TV presenting duo Ant and Dec topped the list of famous people that youngsters would invite to their birthday party.

Since *The Beano* launched, more than 4,000 issues have been printed featuring around 700 characters, such as Dennis (the Menace) and Gnasher, the Bash Street Kids and Billy Whizz.

**Did you know....
People who collect comic books are known as pannapictagaphists.**





DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point,
04 St. Withburga Lane,
Dereham NR19 1ED
Fridays, 7pm to 9pm



£2 entry (plus money for refreshments & raffle)

The next meeting is on Friday 8th September 2023 (Music Night)
then Fridays 15th, 22nd and 29th September....



STEPPING OUT CLUB

New members are always welcome.



We meet at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
(on the first & third Thursday of each
month)

7.30pm to 9pm £2 entry fee

THE NEXT MEETING DATES ARE:

Thursdays 7th & 21st September 2023



Produced by MID NORFOLK MENCAP
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