



It's always nice to hear positive feedback about the organisation, and after reading a very touching letter received recently, we couldn't not share it with you....

“Many years ago, recently divorced, and with my one year old son Charlie, I could not envisage how I would ever let him out of my sight as he was designated to commence school at Kings Lynn. He was already attending the local playgroup with 1:1 support through the WN Social Services and they advised that I should try taking him along to one of the local Mencap Day Centres on a Saturday...which I did. There I met such wonderful people that I had no idea of. I met many children and young adults with multiple disabilities and difficulties and parents in the same position as myself. I also met many other wonderful people who were giving their time and energies as volunteer workers and play leaders. Through their kind and innovative programmes offered, we have never looked back. I was able to go back to work as a PE teacher, and life has been good for us both. I must say an enormous and heartfelt **THANK YOU** to Mid Norfolk Mencap from myself and on behalf of Charlie for all the help and encouragement over the years.”

We are planning to run a fundraising stall on the 16th July at the Dereham Carnival. We are looking for anyone who could donate prizes for the Tombola section. If you think you could help with a donation, please could these be brought into the office at 1a Tavern Lane no later than Friday 14th July. Thank you.

The Mid Norfolk Mencap Office will be closed on Good Friday and Easter Monday. There will be no Drop In, or Munch Bunch on these days.



100 Club



Sign up for our monthly draw for a chance to win prizes of £15, £10, or £5.

The yearly cost is £12.00 and an application form can be obtained from the Mid Norfolk Mencap office.

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



27th April 2017
10.30am-1.00pm

The Annexe,
Watton Sports Centre
118 Dereham Road,
Watton,
IP25 6HA

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

24th April 2017
10.00am start

Friendship Hall,
Mill Road,
Aylsham
Norfolk
NR11 6DS



Arts and Crafts Holiday Club—Easter



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on Tuesday 4th and Wednesday 5th April, between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX



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



We are recruiting.....

We are now advertising the following positions:

1 x Registered Residential Services Manager

(To manage all aspects of our residential home and staff team. Management experience essential)

**Day and Night Support Worker contracts (various hours)
Relief Support Workers**

(Support workers will work across our residential service and our Community Outreach Service)

Good rates of pay
Full training given
Drivers preferred but will consider non-drivers

If you wish to apply for any of these roles then please contact Anya Rose on 01362 693013 and request an application pack.



Saturday Clubs—April

Swaffham - On 1st April we will be having an Easter Egg Hunt and working on Easter craft activities.



Dereham - On 15th April we will be making fancy Easter cakes and completing any outstanding Easter craftwork.

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 12th April**

We have a speaker this month, Donna Roper-Head Community Learning Disability Nurse.

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



Drop In's
Dereham
 Tuesdays and Fridays
 10.00am – 2.00pm
 1a Tavern Lane,
 Dereham, NR19 1PX
 £4.00 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

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

Next session: 3rd April .
17th April 2017-Closed for Easter

Cromer
 Thursdays
 1.00pm-4.00pm
 Merchants Place,
 16 Church Street
 Cromer, NR27 9ES
 £5.00 entry fee


