



Exciting news!

We would love to share with you all, our fabulous plans, to convert one of our offices at Tavern Lane, into a spectacular **Multi Sensory Room**, filled with a kaleidoscope of coloured lights, tactile equipment, acoustic melodies and multi sensory books, just to mention a few ideas, for adults and children with learning disability.

We see a purpose built **Multi Sensory Room** as a way that can truly benefit our community here in Dereham and the surrounding villages, and is much needed in this area of Norfolk. We are working extremely hard to raise the money for the room and have set up a '**JustGiving**' page which you can access through our website, where people can donate as little or as much as they wish to help support us so that we can complete this project.

We will be having a massive drive to raise funds in 2018. Please help us by **supporting** our future events. Look out for these fundraising events throughout the year.



It is with sadness that we inform you of the passing of Diane Mason, who passed away just before Christmas.

Diane was a great supporter and valued member of the Gateway Club and will be sadly missed.

Family Voice

A conference will be taking place on Saturday March 10th 2018 10.00 -15.30 at the John Innes Conference Centre, Norwich, NR4 7UH, organised by The 'Family Voice', Norfolk' Organisation. These are a collective of parents and carers of children, who are working to improve services for parents a carers of children 0 - 25 years with special Educational Needs and/ or Disabilities. It is entirely free to attend, there are free and extensive on-site parking facilities, lunch is provided and the opportunity to find out lots about services, changes and the support is great. Come along and participate in the informative workshops and browse more than 30 information stands.



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 10th and Wednesday 11th 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



Norfolk Learning Disability Services
Southern Locality Group Meeting

1st February 2018
10.30am-1.00pm



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



Norfolk Learning Disability Services
Northern Locality Group Meeting
10.00am start

T.B.C.

Friendship Hall,
Mill Road,
Aylsham, Norfolk
NR11 6DS

Saturday Clubs—February



Swaffham - On 3rd February— Making pancakes and working on Valentine themed craft activities.



Dereham - On 17th February— Cooking pancakes and seasonal craft activities

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 14th February 2018

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 2018 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

Cromer

Thursdays

1.00pm—4.00pm

Merchants Place

16 Church Street

Cromer, NR27 9ES

£5.00 entry fee



Gateway Club

7th February— Music Club

14th February— Bowling

21st February— Railway Tavern
with disco

28th February— Wiggle and Giggle

Dereham Community Hub
Independence Matters, Rash's
Green, Dereham
7.00—9.00pm



Stepping Out Club

5th February—Games Night

12th February—No meeting

19th February—Bingo

26th February—Strikes

Meeting held at Church House
Church Street, Dereham
7.30—9.00pm