



## Learning Disabilities Week 2017

Celebrating  
**'YOU'**



Mid Norfolk Mencap are celebrating Learning Disability Week '2017' which takes place between 19th—25th June.

With this year's theme being **'Friendships'**, we kick off the week firstly with a free competition (details enclosed in this month's issue of 'In the Loop') where we are focusing on children and adults with learning disabilities and their **'Friendships'**. During the week, we will also be collaborating with Radio Norwich sponsoring and working in conjunction with them to spread the news about National Disabilities Week. Alongside this, will be the launch of our newly revamped web site, where you can take a tour to find up-to-date information about Mid Norfolk Mencap's activities, clubs and dates for your diary.

The week rounds off with a superb BBQ & Disco at 1a Tavern Lane Office on Sunday 25th June from 6-9pm. Do come and 'Boogie' the night away. Tickets £6 still available from the Mid Norfolk Office, 1A Tavern Lane, Dereham.

We are planning to run a fundraising stall on the 16<sup>th</sup> 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 14<sup>th</sup> July. Thank you.



### 100 Club

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

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**



20th July 2017  
10.30am-1.00pm

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

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

31st July 2017  
10.00am start

Friendship Hall,  
Mill Road,  
Aylsham  
Norfolk  
NR11 6DS



**Arts and Crafts Holiday Club**

**School Summer Holidays**



Our Summer 2017 arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX



- 1st & 2nd August
- 8th & 9th August
- 15th & 16th August
- 22nd & 23rd August



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@midnorfolk Mencap.org](mailto:info@midnorfolk Mencap.org)

**Volunteers Needed!**



Do you have a few spare hours a week? Do you get bored at looking at four walls? Ever thought of becoming a volunteer? We are always pleased to see people coming forward to help volunteer in the various clubs and Drop-in sessions we run. The rewards of becoming a volunteer are non-ending. Everyone has a talent, use yours to help people with learning disabilities. You will be amazed at the feel good factor you will experience and the gratitude shown from our members. We are **always** on the lookout for Volunteers. If you are interested in volunteering, then please contact Anya or Lorna at the Mid Norfolk Mencap Office on 01362 693013

## Saturday Clubs—June



Swaffham - On 3<sup>rd</sup> June, we will be having a BBQ / kebabs and enjoying some inspiring craftwork.

Dereham - On 17<sup>th</sup> June, we will be decorating flower pots and planting bulbs, alongside many flower printing 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 14h June**

**We have a speaker this month, Donna McLeod, Practice Consultant for the Southern Locality.**

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](http://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](mailto:info@midnorfolk Mencap.org)  
Website: [www.midnorfolk Mencap.org](http://www.midnorfolk Mencap.org)

**Gateway Club**  
7th June —Bowling  
14th June—Music Club  
21st June—Steamboat Trip, Horning  
28th June—Special Olympics

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

**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



**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 new skills.

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

**Next session: 12th & 26th June**

**Stepping Out Club**

5th June—Boccia & Games  
12th June—No Meeting  
19th June—Unusual Quiz  
26th June —Bongo

Meetings held at Church House,  
Church Street, Dereham,  
7.30pm-9.00pm