



Lets Party!!!



Sunday 25th June 2017
6pm—9pm
1A Tavern Lane
Dereham
NR19 1PX



Come and join us to celebrate the end of Learning Disabilities week and all the friendships made within Mid Norfolk Mencap. We will be having a party with disco, BBQ and raffle so bring extra money!



Everyone is welcome.

Tickets £6– Includes Burger/Hotdog and drink

**Tickets available from the Mid Norfolk Mencap Office:-
01362 693013**

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 Monday May 1st and Monday May 29th. 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 £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

May Half-Term



Our arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on Tuesday 30th and Wednesday 31st May 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



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—May

Swaffham - On 6th May, we will be having a Meal at the George Hotel and working on craft activities.

Dereham - On 20th May, we will be having a BBQ and creating some wonderful Spring 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 10th May**

We have a speaker this month, Tracy Tanner from the Fakenham Job Centre, talking about benefits for carers and how to access them.

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

Gateway Club
 3rd May —Back to Back
 10th May—Gateway has talent with Kim
 17th May—Prize Bingo
 24th May—Music Club
 31st May—Railway Tavern for food and Disco
 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: 15th May
 29th May- Bank Holiday - Office Closed

Stepping Out Club
 1st May —No Meeting
 8th May—No Meeting
 15th May—Trip to Romany Rye Pub
 22nd May—Music Quiz
 29th May—No Meeting
 Meetings held at Church House,
 Church Street, Dereham,
 7.30pm-9.00pm