



Upcoming Events

⇒ **Mid Norfolk Mencap Summer Barbecue – Saturday 12th July 2025**

Don't forget, our annual fundraising event is back – the Summer Barbecue! There are still a limited number of tickets available, so if you are interested in attending, please contact the office to purchase a ticket as soon as possible. This can be via email to info@midnorfolkmenap.org, or by phoning 01362 693013.



A Warm Welcome

We have recently welcomed our new Chief Executive Officer (CEO), Ciaran! He is a great addition to the management team and we're looking forward to seeing what positive changes he can bring to the organisation. We wish him the best of luck in his new role!



A Message from Our Chair

There is so much good work done in Mid Norfolk Mencap. I normally visit the office at Tavern Lane or Merle Boddy House several times in a week, and can see first-hand the commitment, care and diligence that our paid colleagues and volunteers bring to their work. Sadly though, the organisation has not kept pace with what a good service provider looks like in 2025. This means that a great deal of the Board of Trustees' time recently has been spent making decisions about how that can be improved.

One of these decisions was to recruit a new Chief Executive Officer. Mid Norfolk Mencap now has a high income and a lot of risk which the Board of Trustees must manage responsibly. A Chief Executive is better placed to help us do this and so we were delighted to recently welcome Ciaran Maguire to this role.

I've let our new CEO Ciaran know feedback that colleagues gave us at some workshops earlier this year, which aim to help the team to deliver even better support to the people we serve. Over the next 12 - 18 months you can look forward to seeing some of those ideas being put into place including getting a better building for our main office, improving our staff benefits, and using more technology in our work.

That is only the very start, and I am really determined to make sure that the people who are supported by Mid Norfolk Mencap have their voices heard as we go forward. Ciaran and I will be looking at ways to improve this over the coming months, and also for ways that our members, volunteers and paid team can more easily have their say in how we are run and organised. This may at first rely on surveys but over time it is our intention that we slowly change the way we are run to be more inclusive.

Finally, we are in the process of recruiting new trustees to the board. It is important that we secure highly skilled and professional people who can help in the transformation of Mid Norfolk Mencap and that these people can do so with no conflicts of interest. If all goes well, Members will soon receive an invitation to an Extraordinary General Meeting (EGM). This will be needed to nominate (and hopefully elect) the first of our new trustees. The EGM will also include an update on the work that has taken place since the CQC inspection and a Question and Answer session with me and Ciaran. It will also be a good opportunity to meet the new members of the management team. More details to follow!

I'm sure you share my excitement at seeing such positive change happening here over the coming months. As always, if there is anything you would like to ask or bring to my attention, please feel free to email me at chair@midnorfolkmenchap.org.

Sarah

Chair - Board of Trustees

What's been going on in the Community Outreach Support service?

On Monday 5th June, some of our Community Outreach Support clients, Merle Boddy House residents, staff team and Gateway Club members enjoyed a lovely summer BBQ at High Lodge in Thetford. They played games of rounders, giant Connect 4, football, and more. Of course, there was also lots of delicious BBQ food for everyone to enjoy! It was an excellent day and a lovely opportunity for everyone involved here at Mid Norfolk Mencap to spend some time together and connect.



For June's instalment of our World Cooking Club project, we focused on Spain! Our service users helped to cook a delicious paella, and we ate lots of different Spanish-themed foods, including patatas bravas and churros. We also had some Spanish colouring activities, dancing, and even a piñata, which everyone had lots of fun hitting!



Next up in July, Greece!

What's been going on in the Community Outreach Support service?

As usual, there have been lots of days out and activities run over the last month by our amazing staff team, including...



A trip to Thorpe Park



Volunteering at PACT animal sanctuary



Planting at the allotment



Enjoying a burger in Norwich



Introducing a song on the radio



Warhammer World



Learning how to care for a tortoise



Football



Arts and crafts



A day in Great Yarmouth



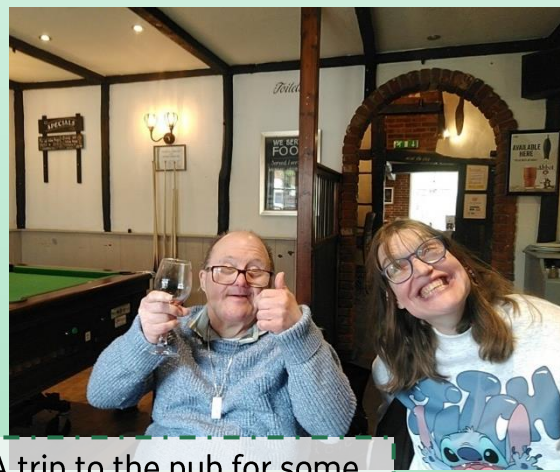
Volunteering behind the till at a charity shop

What's been going at Merle Boddy House?

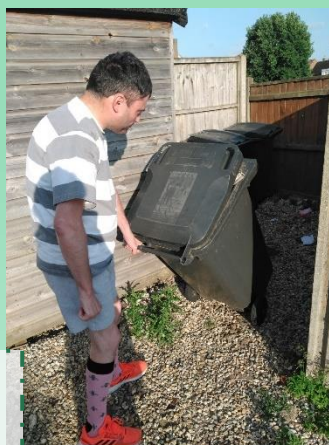
Our lovely residents have had some great days out and activities over the last month – here's a look at just a few!



A baking day, making some delicious cakes!



A trip to the pub for some drinks and a game of pool



Laundry, cleaning, and taking the bins out at Merle Boddy House

Showcasing Our Talented Gateway Club Members

Hannah

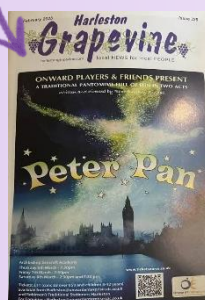
Hannah recently took part in a performance at the Theatre Royal Stage 2 in Norwich. She has been working with the Norwich based dance company Compass Dance. They are an inclusive dance company allowing individuals to explore their artistic potential and experience joy through the medium of dance. The experience was wonderful to see and was a testament to several months of hard work. Well done Hannah!



Jemma

Jemma enjoyed working on a panto, which was performed at the Sancroft Academy. She even went to Park Radio to promote the panto with some of the other performers, and had a great time. In the panto, Jemma played Polly Parrot, who was a very cheeky parrot in the show. Jemma really

enjoyed the run up to the panto, helping get props ready and doing rehearsals, and loved performing along with all her other friends from Onward Enterprises. It was an amazing show, and tickets sold out. Well done Jemma!



Georgia

Georgia recently

appeared on Britain's Got Talent with Electric Umbrella, a rock group which encourages individuals with a learning disability to take to the stage! With a song that spoke to the power of possibility, they received a *Golden Buzzer* moment that sent them straight to the live semi-finals. Well done Georgia!



Talent like this really shows that individuals with a learning disability are capable of exceptional things, and challenges harmful perceptions in wider society. We are so proud of our very talented Gateway Club members, and can't wait to see what they do next!

Dereham & District Gateway Club

Upcoming Meeting Dates:

4th July – Line Dancing



7pm – 9pm
At the Meeting Point
4 St. Withburga Lane
Dereham
NR19 1ED

11th July – Music Club



£2.00 entry
(Plus money for refreshments and raffle)

18th July – Summer Picnic



Also includes seasonal arts & crafts and topical quizzes

Gateway Club Gallery

Here are some photos from a recent card making activity at Gateway Club!



NORFOLK LEARNING DISABILITY PARTNERSHIP

www.norfolkldpartnership.org.uk

Open to the public and can include:

- People with learning disabilities and their families / carers
- People who work at the County Council, including County Councillors
- People who provide services for people with learning disabilities
- People from the local area who want to help



SOUTH NORFOLK Locality Meeting

Next meeting:

Wednesday 24th September 2025,
1.30pm-3pm

Venue:

Dereham Community Hub
(Independence Matters)
1 Rashes Green, Dereham, NR19 1JG

WEST NORFOLK Locality Meeting

Next meeting:

Thursday 18th September 2025,
1.30pm-3pm

Venue:

Forward 33 Shop,
33 Broad Street,
Kings Lynn, PE30 1DP

NORTH NORFOLK Locality Meeting

Next meeting:

Wednesday 10th September 2025,
1.30pm-3pm

Venue:

About With Friends
22D Holt Road, Cromer, NR27 9JW

NORWICH Locality Meeting

Next meeting:

Wed 3rd September 2025,
1pm-2:30pm

Venue:

Lazar House, Sprowston Road,
Norwich, NR3 4HX



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