



Upcoming Events

⇒ **Learning Disability Week 2025 – Monday 16th June – Sunday 22nd June 2025**

A week aimed at making sure the world hears what life is like if you have a learning disability.

The theme for the 2025 Learning Disability Week is "Do you see me?"

"Do you see me?" is about making sure that people with a learning disability are seen, heard, included, and valued in all aspects of life.

It is a chance to celebrate what people with a learning disability bring to society!

For more information about this event and how to get involved, please see the below link:
<https://www.mencap.org.uk/learningdisabilityweek>

Keep an eye out across our Facebook and website for posts about this!

Learning
Disability Week
**16th - 22nd
June 2025**

Do you
see
me?

Appeal for Local World Record Attempt

Attleborough Primary School is attempting to achieve a Guinness World Record for the World's Largest Poppy made of handprints in support of the Royal British Legion. They are inviting everyone to send in their handprints. All materials will be available from Attleborough or Rosecroft Primary School. For more information, please see the below link:

https://arpfederation.org.uk/?page_id=30

or send an email to:
cthelwell@attleboroughprimary.org.uk

Pictured below are some of our Community Outreach service users creating their contributions!

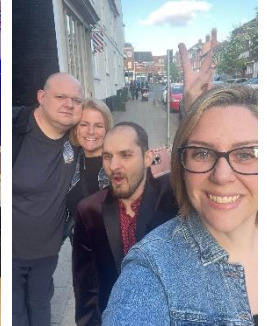


THANK YOU!

Mid Norfolk Mencap has received a number of donations over the last month, and we would like to take this opportunity to say thank you for each and every one.

The Oddfellows

On 8th May, Stephen, Bogdan, Jo and Melanie from our Community Outreach Service were presented with a very generous cheque from The Oddfellows (Dereham Branch). We were their 'charity of the year' for 2024 and they raised a whopping £1,305 for the Community Outreach Service through raffles and events throughout the year. We spent the evening chatting, dancing, singing and celebrating VE Day with The Oddfellow members which was thoroughly enjoyed by all. We are already looking forward to going back to show them what we spend the money on and how it benefits all our services users.



The Greenstone

We received an extremely generous donation from The Greenstone as their new chosen charity. £270 was received by the Community Outreach Support team on 12th May! We are so grateful to the Greenstone for their support.

A huge thank you to Ralph from Dereham Oddfellows who very generously donated an amazing bike, helmet and hi-vis vest to the Community Outreach Service. As you can see, Zach has tried it out and is very happy!

Summer BBQ Prize Donations

Thank you so much to everyone who has already donated prizes for our tombola at the annual summer BBQ in July. We have received some amazing prizes that people will be very lucky to win! Get your tickets now to be in with a chance of winning (more information to follow on page 3).



Summer Barbecue

In aid of Mid Norfolk Mencap



Saturday 12th July 2025



4pm – 7pm

At 'Netherley', Tolvers Loke, Reymerston, NR9 4FF

Adults – £10 each



Children (under 12) – £5 each



Price includes BBQ food (burger, hotdog, and cake)

Soft drinks, tea & coffee available for a small donation

Glasses provided to bring your own alcohol

Featuring:

- ✓ Face painting
- ✓ Raffle
- ✓ Games



Ticket only event &
numbers will be restricted.

No dogs.



Our annual fundraising BBQ is back! To purchase tickets, please contact the main office, at info@midnorfolkmenap.org or 01362 693013.

We are kindly asking for donations for tombola prizes (tinned or dried food, bottles, unwanted gifts, teddies, etc.) - if you are able to help, please drop the items off at our office or contact Mel on 07970168334 to arrange any collections.

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

On 28th April, one of our volunteers hosted a sensory beach session!

This gave our service users the opportunity to explore some different sensory experiences, and included sand, water, shells and inflatables! What an excellent session.



This month's instalment of the World Cooking Club was focused on Australia. There was lots of delicious food, including kangaroo steaks and sausages! We also played Australia-themed bingo and decorated the room with aboriginal dot art. It was a fantastic morning!



As the weather improves, we are really looking forward to getting out into our allotment more. In May, some of our Community Outreach Support service users and staff headed over there to make sure everything was ready for summer.



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...



Bowling



Arts & crafts



A long walk out in nature



Bingo



Crazy golf



Cooking



Puzzles and painting



Visiting a Catholic church



A trip to the dinosaur park



Beach trip



Walking along the Kings Lynn quayside



Fleetwood Mac Tribute concert



Going to museums & galleries

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!



Dereham Day on 10th May! It was an excellent day where our residents got the opportunity to engage with the local community and various stalls & attractions.

They have also been enjoying the sunny weather by getting out into the Merle Boddy House garden.



Their creativity was able to shine in a recent arts & crafts project.



Days out this month included a trip to a museum!



Dereham & District Gateway Club

Upcoming Meeting Dates:

**Club
Night**

**June
6**

**Music
Club**

**June
13**

**Arts &
Crafts**

**June
20**

Zumba

**June
27**

**Line
Dancing**

**July
4**

**Music
Club**

**July
11**

**Summer
Picnic**

**July
18**

Also includes seasonal
arts & crafts and topical
quizzes

VOLUNTEERS NEEDED! Please consider helping at Gateway Club if you're looking for an opportunity to make a difference in the community. Contact the main office for more information.

7pm – 9pm

At the Meeting Point
4 St. Withburga Lane
Dereham
NR19 1ED

£2.00 entry

(Plus money
for
refreshments
and raffle)

Photos from recent events:



Arts & crafts



Karaoke



Quiz and chips night



Line dancing!



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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photos and stories as they happen.
Search 'Mid Norfolk Mencap' or use this
QR code.



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