



January
2024
Issue



The end of 2023 was marked with our fantastic Christmas disco. It was great to see so many people there enjoying the disco, the snowball fight, Father Christmas, and the huge and excellent buffet. Thank you to everyone who helped organise it and who joined us for our end of year party.

Since becoming Chair in October, I have been meeting more of our clients, service users and our staff team. This has been a great way of hearing what is going well, and ways in which the way we work might be improved. I am looking forward to doing more of this in the coming months so that the board of trustees can make sure we are moving the organisation forward positively.

Since early December, I am now the Care Quality Commission Nominated Individual for Merle Boddy House. The CQC describes this as a “pivotal role in overseeing and taking responsibility for the quality of care provided”. An important part of this role is that I am the first point of contact between CQC and Merle Boddy House. I also serve as an advocate for individuals, service users and their families.

To make sure I can do this role properly, I will be spending more time at Merle Boddy House getting to know our residents better, as well as the care team. I would welcome hearing from relatives, friends and family, not just of Merle Boddy House residents but also of our service users more widely. Please feel free to get in touch.

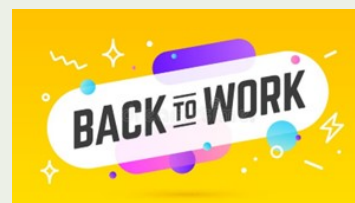
Sarah Taylor

fresh new year

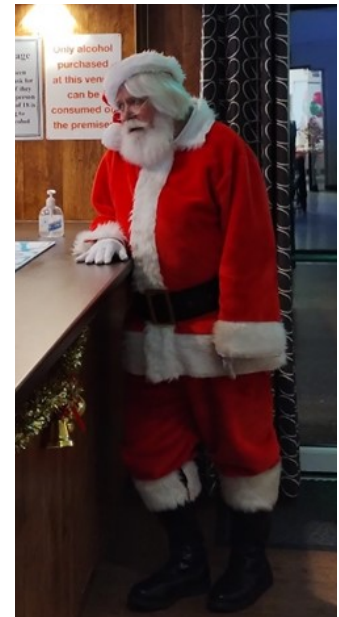
Another fresh new year is here...
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest...
To daily grow and try to be
My highest and my best!

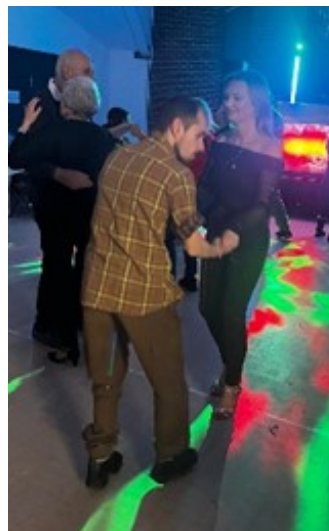
I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!

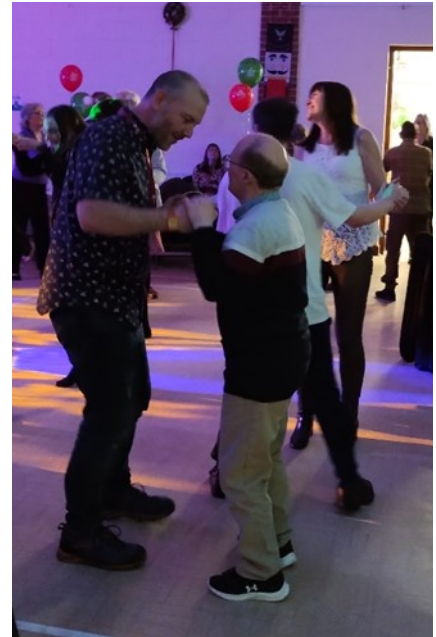


THE OFFICE WILL BE
OPEN AFTER THE
CHRISTMAS SHUTDOWN
AT 9AM ON
TUESDAY 2ND JANUARY
2024



The Christmas disco on 8th December was a great success. The night was enjoyed by members, residents, community clients, trustees and staff alike. DJ Tinsel Tim entertained us with his music & organised the pom pom snowball fights. The buffet and raffle went down a storm and then Father Christmas fitted in a visit to see us too!







We held a competition to design the front cover for our 2024 Mid Norfolk Mencap customised Christmas card. We had lots of entries and the winner was *John Jelmer*.

Well done John, a great design.



A BIG THANK YOU GOES TO THE GENEROUS BUSINESSES BELOW THAT DONATED PRIZES FOR OUR RAFFLE:

Congo Rapids Jurassic Adventure Golf, Easton - game for family of 4

Funkys, Norwich – 6 tickets for rollerskating & adventure play

Great Yarmouth Pleasure Beach – complimentary wristband voucher

Morrisons - £10 voucher

Pensthorpe – voucher for 2 adults

Riverside Leisure Centre, Norwich – 5 free family swim sessions

Strikes, Dereham – one hour of bowling for 6 people

The Bug Parc, Lenwade – voucher for 1 adult & 1 child

Thursford Collection – complimentary tickets x 4

Tesco - Nivea pamper set, bottles of wine & chocolates



Cancer All about health screenings

Sessions for people with learning disabilities



A safe space for people to learn about health screenings



Save the dates

Breast Cancer in women and men

October 24



Cervical Cancer in women

January 30



Bowel Cancer in men and women

April 4



Testicular cancer in men

April 30



For more information just call or email

 01603 631433

 admin@openingdoors.org.uk

 NORWICH CONSOLIDATED CHARITIES

 Having our day in people's lives

You and a supporter can pop along on the day. No need to book in advance.

Autism Friendly Meet Up For Adults



The First Thursday Of Every Month 3pm-4pm

This is a free event with no need to book

If you would like more information please speak to a member of staff or email: watton.lib@libraries.norfolk.gov.uk

Telephone: 01953 881671






Inclusive Sports Day



The first Friday of every month!

Join us anytime between 10am – 12pm

The Norman Centre, Bignold Road, Norwich, NR3 2QZ

FREE to attend

There will be lots of activities you can try such as Boccia, New Age Kurling, Table Tennis, Foam Frisbee, Foam Javelin plus more.

Contact: info@epicnorfolk.com

Stay warm in Dereham

Made by:  A timetable of warm places in town. 

Love Dereham Community Fridge

Mon to Fri - free hot drinks served 9:30am to 11:30am, 20 Norwich Street. Community fridge open: 9:30am to 1pm but you don't have to use the fridge to come in. Sit in the warm for as long as you like. All welcome.

Salvation Army, St Nicholas Street

Tues: 9:30am to 1:30pm. A warm environment for friendship, games and other activities. Free hot drinks. Free lunch served at Midday. Fri: 8:45am - 11am. Mini-Market & Coffee Morning. Free hot drinks for those in need.

H H Aldiss Funeral Service (Co-op)

53 Baxter Row, Dereham, NR19 1AY. Mon - Fri 10:00am to 4:00pm. Call in - if there are no clients you can make use of their lounge as a 'warm space' and they'll even make you a free hot drink. Marvellous!

Dereham (Ukraine) Aid Centre

This venue is open to everyone regardless of nationality. Opening times: Wed & Fri from 10:00am to 3:30pm. Hang out in this friendly warm space on Wrights Walk, there's free hot drinks, snacks and a child's play area.

Dereham Library

Your local library is a warm place with a hot drinks station that's free and open 9:30am to 3:30pm from Mon to Sat. Pick up a free 'warm and well' kit while you're there. A library card is required for computers and checking out items.

Cuppa Bus

The Cuppa Care Bus aims to bring people together and tackle loneliness. It will be at Age UK, Dereham, (opposite Roys) 1.30pm - 3.00pm on the following Weds: 15 November 2023 * 20 December 2023

17 January 2024 * 21 February 2024 * 20 March 2024

WARM UP

Stay warm in Dereham

Made by:  A timetable of warm places in town. 

Dereham Cancer Care

Mon, Tues, Thurs, Fri: 10am to 2pm. Free drinks & biscuits (donations welcome if able). Puzzles, chit chat, crafting etc. Free talks on various topics that are open to all. It's a welcoming centre, open for everyone.

The Meeting Point

Mon to Fri: 8:30am to 4pm. A place for the disabled and over 55's to meet and socialise. Tea, coffee and snacks from the serving hatch are available throughout the day for a small charge. Lunch £5 (pre booked).

Baptist Church Coffee Morning

The Coffee Shop is open on a Friday from 10am to 1pm. Be warm & with friendly people. Homemade cakes, light-bites and drinks for sale. No purchase necessary to come in and get warm.

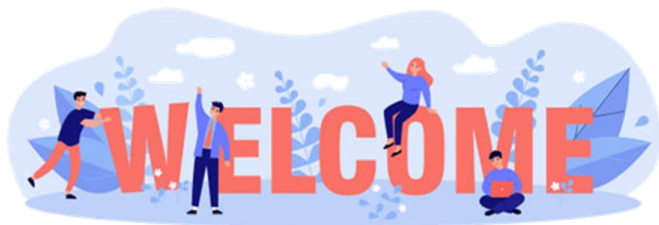
Cowper Church Coffee Morning

Open door coffee morning on Fridays from 9:30am to 11:30am. All free of charge; people can leave a donation if they wish. A warm welcome to all.

Sunday Church Services, open to all:

Baptist Church: 10.30am - High Street (Portuguese service: 6-7pm Sat)
 Salvation Army: 11am - 3 St Nicholas Street
 Dereham Catholic Church: Masses: 9am & 11am - 35 London Road
 Wellspring: 10:30am - 35 Neatherd Rd
 St Nicolas Parish Church: 8am Holy Communion - Church Street
 Dereham Methodist Church: 10:45am - Theatre Street

This timetable has been produced by  and is supported by 
 the Norfolk Community Foundation. www.lovedereham.org.uk



We have recently welcomed new staff into our ever-expanding Community Outreach Services Team.



Clare Bracey



Meryle Daws



Carrie Gardner



Linda Howard

We have vacancies at our residential home, Merle Boddy House.
Contact Anya Rose at the Tavern Lane office if you would like further details.

NORFOLK LEARNING DISABILITY PARTNERSHIP

www.norfolkldpartnership.org.uk



NORWICH Locality Meeting

Venue:

The Willow Centre,
1-13 Willowcroft Way,
Cringelford NR4 7JJ

Next meeting:

Tues 16th January 2024, 1.30pm-3pm

WEST NORFOLK Locality Meeting

Venue:

Parkview Resource Centre,
Birch Tree Close, London Road,
Kings Lynn PE30 5QD

Next meeting:

Tues 30th January 2024, 1.30pm-3pm

NORTH NORFOLK Locality Meeting

Venue:

About With Friends
22c Holt Road
Cromer NR27 9JW

Next meeting:

Wed 24th January 2024, 1.30pm-3pm

SOUTH NORFOLK Locality Meeting

Venue:

ASD Helping Hands, Room 412-416,
Breckland Business Centre,
St. Withburga Lane, Dereham NR19 1FD

Next meeting:

Wed 7th February 2024, 1.30pm-3pm

DEREHAM & DISTRICT GATEWAY CLUB

at The Meeting Point, 4 St. Withburga Lane, Dereham NR19 1ED

Fridays, 7pm to 9pm

£2 entry (plus money for refreshments & raffle)

THE NEXT MEETINGS DATES ARE:

12th, 19th & 26th January 2024



STEPPING OUT CLUB

We meet at Mid Norfolk Mencap,
1a Tavern Lane, Dereham NR19 1PX
(usually on the first & third Thursday)

7.30pm to 9pm £2 entry fee

THE NEXT THURSDAY MEETING DATES ARE:

4th & 18th January 2024

New members are always welcome.



Produced by MID NORFOLK MENCAP
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