



Local Charity Spotlight

Caring Friends Mid Norfolk is a charity which offers a number of services aimed at easing the trauma of living with cancer, dementia, long term health conditions, and isolation and loneliness.

They hold a variety of events, including meetings, coffee mornings and bingo nights. There are also additional outings and events monthly for members to promote friendship.



If this would be helpful for you or someone you know, please visit <https://www.caringfriends.org.uk/> or phone on 07961566118

Upcoming Events

⇒ **May Day Bank Holiday – Monday 5th May 2025**

Please note that the Mid Norfolk Mencap office and Community Outreach support service will not be open on bank holiday Mondays (unless there has been prior engagement with Mel).

⇒ **Spring Bank Holiday – Monday 26th 2025**

As above.

⇒ **Dereham Day – Saturday 10th May 2025**

Celebrating the community spirit and heritage of Dereham, this free family event will see live music, entertainment, catering, stalls, and community and charity groups. It will be hosted at Dereham Neatherd High School, as well as other locations in Dereham, between 10am and 4pm.

For more information, please see <https://derehamday.co.uk/>

A Warm Welcome

We are delighted to welcome a new member of staff to our ever-expanding Community Outreach Support team. Paul started in April and is already a great addition!

We wish him the best of luck in his new role.



35 Years of Merle Boddy House

On Wednesday 23rd April 2025, exactly 35 years after Merle Boddy House opened its doors to residents and staff, we hosted a celebration at the house. It was an excellent turnout, with lots of resident's families and friends, and was an evening filled with fun, laughter, and of course, cake! Thank you so much to everyone involved in organising the event. Here's to many more years of Merle Boddy House, what an amazing 35 years we've had so far.



Summer Barbeque

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@midnorfolkmencap.org or 01362693013.

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.

A huge thank you to Easy Clean Windows who have kindly donated £100 worth of window cleans as a prize up for grabs at our Summer BBQ! Check out their website at the below link:
<https://easycleanwindows.co.uk/>



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

At the end of March, some of our service users and staff went on an action-packed day out at Battle Stations Activity Centre and did some paintballing. Everyone had so much fun and a lot of laughs were had - here is just a small selection of some of the great photos taken that day. What a fantastic day!

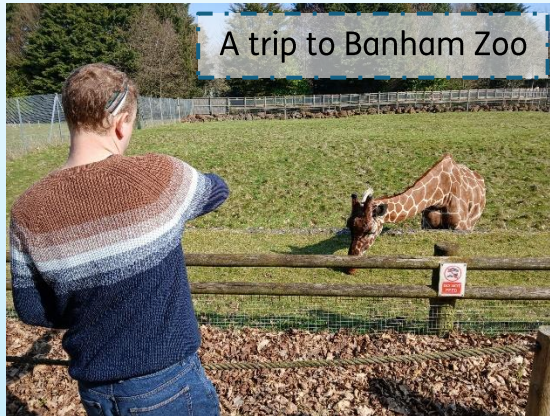


On Thursday 24th April, we saw the next instalment of the World Cooking Club, this time focusing on **Jamaica**! It was an excellent afternoon.



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 Banham Zoo



Cooking, baking, and arts & crafts here at Mid Norfolk Mencap



A trip to Old Buckenham Airfield Museum

Practicing PAT testing during volunteering at PACT charity shop



A spot of fishing!



A day out in Gorleston

A trip to Cromer and Hillside Sanctuary

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

Thank you to our volunteer, Lauren, for organising and hosting an Easter-themed craft session on 14th April. This was a lovely morning, and saw some great creations! We even had some Merle Boddy House residents join us, which made it even more fun!



Approaching Easter this year, the Community Outreach Support service had a competition for the best decorated egg - there was a prize for first, second and third place, and our service users had lots of fun making some amazing creations!



1st prize!



2nd prize!



3rd prize!

Dereham & District Gateway Club

Upcoming Meeting Dates:

Arts &
Crafts
Night

May
2

Music
Club

May
9

Quiz and
Chips

May
16

Summer
Themed
Bingo

May
23

Also includes seasonal arts
& crafts and topical quizzes

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

£2.00 entry
(Plus money
for
refreshments
and raffle)

APPEAL FOR DONATIONS OF ARTS & CRAFTS ITEMS AND RESOURCES:

- ✓ Beads
- ✓ Jewellery making supplies
- ✓ Card (different weights and colours)
 - ✓ Fabrics
 - ✓ Hamma beads
- ✓ Hessian, lace, ribbons
- ✓ Felt and buttons
- ✓ Sewing threads and large eye needles
- ✓ Large jigsaw puzzles
- ✓ Colouring pens, markers and brushes

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.



Neil Hornsby, 1977 – 2025

We are deeply saddened to learn of the passing of one of the members of Gateway Club. Neil Hornsby passed away on March 22nd, aged 47 years.

He was so appreciated and will always be remembered by those at Gateway Club. May he rest in peace.

The below link is for his online tribute page:

<https://neilhornsby.muchloved.com/>



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 28th May 2025,
1.30pm-3pm

Venue:

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

WEST NORFOLK Locality Meeting

Next meeting:

Thursday 22nd May 2025,
1.30pm-3pm

Venue:

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

NORTH NORFOLK Locality Meeting

Next meeting:

Wednesday 7th May 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

Follow us on Facebook for news, updates, photos and stories as they happen.
Search 'Mid Norfolk Mencap' or use the below link (also available on our website):

<https://www.facebook.com/share/1LBib2sXPR/?mibextid=wwXifr>



Produced by MID NORFOLK MENCAP

1a Tavern Lane, Dereham, Norfolk NR19 1PX

Telephone: 01362 693013

Email: info@midnorfolkmenca.org

Website: www.midnorfolkmenca.org

Registered Charity No. 1049364

Registered Company No. 2992726