



Gig Buddies Norwich

Hello everyone,

It is a very exciting time as Gig Buddies in Norwich has now launched!! J

Gig Buddies matches people with a learning disability with a volunteer, giving you both the chance to go out and experience something you enjoy with a buddy. The project is for anyone over 18 years old and targets people under 30 (although this is not essential).

We are looking for people with a learning disability who might like to be a Buddy. If anyone is interested in taking part or finding out more, please get in touch with Hannah Riches – Hannah.riches@mencap.org.uk. Hannah can come to your group or event and talk about Gig Buddies in more detail if people would like to know more. This is a fantastic opportunity and a person's 'Gig' doesn't necessarily have to be about music but any shared interest with their buddy.

Please see information about Gig Buddies attached and also visit the website at: <https://www.mencap.org.uk/get-involved/volunteer-mencap/gig-buddies> where you can find more information and complete the application form to either be a volunteer of Buddy.


Please can you also share this with any individuals or organisations that you think might be interested.

Many thanks,

Emily Flores-Gutiérrez

Royal Mencap Society
Regional Project Officer
Central England

Mobile: 📞 07989448554

Twitter:  @EmilyFloresGtz

E-mail: ✉Emily.flores-gutierrez@mencap.org.uk

Training Available

* More dates added due to waiting list *

 Dementia
Friendly
Norfolk

EXPERIENTIAL DEMENTIA TRAINING

Day 1: Dementia - The Wider Picture
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics
(including Signs and Symptoms)

Day 2: Dementia - Distressed Behaviour / Communication
What to say when someone says.... What to do when someone does....

Dates:
25th & 27th April 2018
22nd & 23rd May 2018
6th & 7th June 2018

Price: £57 per day or attend both days for a reduced price of £100.
9am - 4pm each day at The Willow Centre, Cringleford, Norwich NR4 7JJ.
(The days are designed to be booked as a two-day workshop)

To find out more and to book your place please contact Claire Gilbert
on 07584 047996 or email claire@carerite.co.uk

