

# News flash

FEBRUARY 2019

Issue No 125



Looking forward to warmer days, THE ACTIVE CITIZENS are organising a **SPRING COFFEE MORNING** for the Mayor of Eastleigh's Charities Appeal on Tuesday April 2 at the Masonic Hall in Eastleigh. Everyone is invited to attend the event.

We want to hear from people who would like to support us. You may want to donate things, or help to collect items (**in very good condition**) to sell on our stalls or volunteer to help us on the day.

We will be running the following stalls: 1. Hobbies Stall - books, puzzles, DVDs and CDs 2. Accessories Stall – jewellery, hats, gloves, scarves 3. Drinks Tombola and 4. Raffle – any new but unwanted gifts would be appreciated.

We do not have space to store items so please bring the stock on the day for us to sell. Let us know what you have in advance and **THANK YOU!**

We want the event to be busy, fun and successful in raising funds for the Mayor's chosen charities.

**Call the office or email us if you have any queries or want to help.**

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## EASTLEIGH HOT SHOTS

THE BASKETBALL CLUB FOR ADULTS WITH LEARNING DISABILITIES



**Sessions last for one hour, take place once a fortnight, in Fair Oak on Saturday morning.**

**The cost is £3.50 per session.**

**It's a great way to get some exercise and a lot more fun than the gym!**

Contact us if you would like to try a session of basketball. (023 8048 3471)

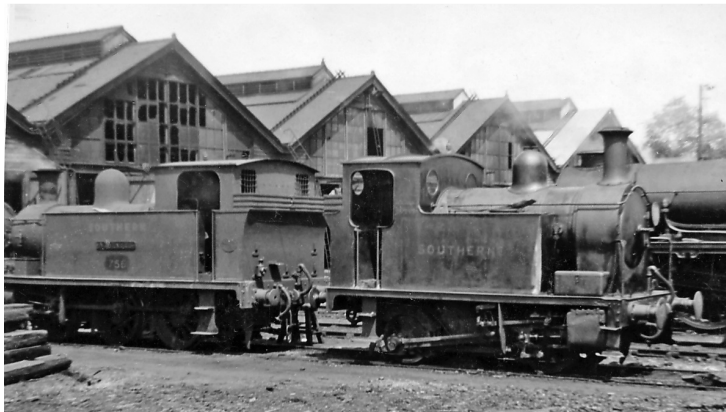
The theme for Learning Disabilities Week this year is **SPORT & INCLUSION**

**Do you know a thing or two?  
Come and show your knowledge by joining our quiz teams  
on Feb 19 at The Concorde Club.**

The Mayor of Eastleigh has a Quiz night at the Concorde Club on February 19 to raise money for the four charities he has chosen to benefit. We want to support the Appeal as well as show off what we know! We have three tables for people who want to join our teams. Six people per team.

Either book direct on The Concorde Club's website or contact Michelle and she will book for you— cost £12 per person to be paid in advance, this includes a curry dinner on the night. Be aware this is a late night, but usually all the fun is over by 11.30pm.

**VISIT TO EASTLEIGH RAILWAY WORKS  
SATURDAY MORNING - APRIL 27 2019**



We are delighted to be able to offer a visit to Eastleigh RAILWAY WORKS in support of the Mayor of Eastleigh's Charities Appeal. This offer is only for EBR MENCAP members. Cost £7.50 per person. Essential support can also attend for the same price.

Please make a booking with Michelle and pay your fee to book your place.

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**SOCIETY DIARY DATES**

**March 1, 2019** -, first Grantham Green Growers Meeting 10.00- 12.00 at Grantham Green. (Then March 15 and 29)

**March 2, 2019** – Final Winter Meet for Gardening Club

**March 11, 2019** - First Monday Gardening Club meeting- start of season

**March 16, 2019** - First Saturday Gardening Club meeting

**April 2, 2019** – COFFEE MORNING for the Mayor of Eastleigh's Appeal organised by our ACTIVE CITIZENS group. This event includes the **Flagship Art Club** Annual Exhibition. More details to follow.

**April 27 2019** - OPEN DAY at Eastleigh Railway Works for EBR MENCAP members only, in aid of the Mayor of Eastleigh's Appeal.

**May 28 2019** – The Concorde Club Quiz for EBR MENCAP Society, this is OUR annual hugely successful fundraising night – we hope you and your family, colleagues and friends will come along to support us!

**Late June** (date tbc) – Day in the Park with games & barbecue.

## The Mayor of Eastleigh's Appeal

The Mayor of Eastleigh Fundraising Appeal has a calendar of exciting events which we can enjoy.

- Blue Butterfly Dance at the Point on the evenings of Feb 9 and 10.
  - Quiz at the Concorde Club – Feb 19. £12 includes curry (*EBR MENCAP will have three teams – come and join us!*)
  - Eastleigh Fusion Choir at All Saints Church - Saturday Mar 9. 7.00pm. £5
  - The Mayor of Eastleigh's Charity Dinner at Botley Park Hotel - March 22
  - COFFEE MORNING – organised by THE ACTIVE CITIZENS – Masonic Hall, Eastleigh 10.30 to 12.00 noon – April 2.
  - VISIT to Eastleigh Railway Works – only for EBR MENCAP members – April 27.
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### ROYAL MENCAP SURVEY OF LEARNING DISABILITIES

**Royal Mencap is running the first national survey of people with a learning disability in 15 years. Look for the section entitled “Research and Statistics” on their website. <https://www.mencap.org.uk/>**

This national survey will be a chance for people with a learning disability to tell Royal Mencap about their everyday lives and experiences. Royal Mencap will be asking questions on topics that people with a learning disability have told us are important to them, such as health, relationships, employment and inclusion. The results will help Royal Mencap to provide better support to the people they work with and further improve the lives of people with a learning disability

### CARERS' GROUP

West Hampshire Community Learning Disability Service (part of Southern Health NHS Foundation Trust) is setting up a Carers' Group to help improve the service provided by the Health Service to adults with a learning disability in our area.

They wish to develop their service and understand the importance of hearing carers' views. The group is for informal carers (family/legal guardians). If you are interested in being in the group or receiving their minutes or newsletter contact the facilitators: Rachel Johnson or Martin Johnson. Email: [hp-tr.whclds@nhs.net](mailto:hp-tr.whclds@nhs.net)

#### Meetings for 2019

April 26 Friday 10-12 at Hampshire House, Eastleigh

July 19 Friday 10-12 at Totton Hub, Totton

October 17 Thursday 10-12 at Hampshire House, Eastleigh.

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**Please call the office and leave your name and number if you have any questions about our events or anything else. We will call you back. Our Office number: 023 8048 3471  
Or better still, email us!**

REGISTERED CHARITY NUMBER 263620

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