

News flash

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ART EXPLOSION!

We have three Art Events coming up this autumn, we hope you will want to be involved in one or all!

- The first event is the Exploring Theatre Craft project, funded by Grants for the Arts. The project will offer seven events with our partners at the Nuffield Theatre. Participants will learn about acting and the theatre and will have the opportunity to practice drama in workshops, see professional performances and what happens back stage.
- Flagship Art Club are holding their Third Annual Exhibition on November 3. These are our celebrated Zebra painters, why not come along, see their other work and meet them!
- MAYFLOWER Panto Trail project – the Art and drama workshops take place in November on three consecutive Fridays. Participants will also have the chance to visit Hilliers Gardens and to go to the Pantomime together.



Third Annual Exhibition Flagship Art Club

Small Art Market – unique Xmas shopping!

THURSDAY – NOVEMBER 3

10.00 to 15.00

Centenary Hall, Chamberlayne Road, Eastleigh

Art workshops for visitors, from 10.30 and 13.00

Café with home made cake and biscuits

Small art market, with items from a variety of local artists.

Great opportunity to buy unique Christmas gifts!

Please come along, view our work, participate and learn more about the work of our artists.

EXPLORING THEATRE CRAFT

“The Complete Deaths”

THURSDAY October 13, 2016

Event lasts from 4.15 to 10.00pm



Join us for a visit to the Nuffield Theatre to learn about comedy, how to tell a funny story on stage and to see the performance of “The Complete Deaths”. The day includes a drama workshop, light supper, evening performance of the show and final meeting to discuss what we saw.

Cost: £15 per person, includes pizza! Essential carers go free.
Call Michelle for more details and to book. Limited number of places.

News from the Gardening Club

It's been a great summer season on the allotment this year and although we are heading into Autumn, there is still plenty to harvest before we wind down for the winter months...

We've had a bumper crop of carrots and runner beans this year and we are currently harvesting Swiss Chard, Kale, yellow courgettes and beetroot. We also have some lovely peppers to pick from plants which Ben has kindly donated to Gardening Club, which we grew in the poly tunnel. Rosie's Rocket seeds have done really well and some of us are already enjoying the peppery flavour in our salads and sandwiches!

We have already put in leeks for the next season and in the last remaining weeks of the season, we hope to sow some black Spanish radish seeds which can be harvested upon our return to Gardening Club in March 2017.

It's worth remembering that the allotment is not just for growing vegetables and a few of our members like to grow flowers and herbs. So if you're interested in finding out more about what we do at the allotment, you are more than welcome to come along to our winter meetings.

Last but by no means least, a BIG 'Thank You' to everyone who has supported us at the allotment this season and for making our Open Day in August a success.

Maria

**Last Gardening Club meetings on Oct 8 and Oct 10.
Club reopens on Monday March 13, 2017.**

We will have four monthly meetings over the winter, at Hilldene Community Centre in West End.
Nov 7, Mon 2-3.30pm; Dec 10, Sat 11am-12.30pm Xmas session;
Jan 16, Mon 2-3.30pm and Feb 18, Sat 11am-12.30pm.
Fee of £2.50. Refreshments provided.



ROBIN HOOD

MAYFLOWER PANTO TRAIL PROJECT

In November we are working with artists from the Mayflower Theatre to make a trail which tells the story of Robin Hood, to be installed at Hilliers Arboretum over the Christmas period.

Drama & art workshops: **November 11, 18 and 25 – all FRIDAYS**

Price: **£6 per workshop. Total £18 to be paid in advance by October 31.**

Venue: Centenary Hall (**Scout Hut**) in Chamberlayne Road

Time: Doors open at 11.45. Bring your packed lunch, we will provide tea or coffee and we can all eat together. **Workshop 1.00 to 3.00pm.**

We have two trips out for members who attended the workshops:

1. To see the trail at Hilliers Arboretum in December – wrap up well!
2. To see the Panto on the afternoon of Friday January 6 2017.

If you are creative and love fun projects then this is for you.
Contact Michelle to [book \(023 8048 3471\)](tel:02380483471)– limited number of places!

AGM & ANNUAL PARTY

Saturday, November 12 2016

The Cranbury Centre, Cranbury Road, Eastleigh

Doors open 6.30pm. Activities start at 7.00pm

Pizza, quiz, raffle, DJ and dancing.

Price on the door: £8 per adult, £22 for family of four

Please book so that we can cater for you!

Achievement Table: if you have done anything fabulous this year, bring pictures, medals, awards etc along to share your good news with other members.

ROYAL MENCAP'S PLANNING AHEAD FREE SEMINAR

Thursday 3 November 12.30pm-2.30pm

Level.10 Church, Stanmore Lane, Winchester,SO22 4BT

The seminars are delivered by solicitors who specialise in this complex area of law. They will help you understand the merits of all your different options, and answer any questions you may have about this important decision. Whether you already have a Will in place or not, the seminars offer all the information to point you in the right direction and provide peace of mind.

Among other topics, all sessions cover:

Common issues associated with one-off gifts; why you should make a Will; different types of Trust; choosing Trustees; your letter of wishes; intestacy rules and how to prepare for your solicitor's meeting

Book a place at the Winchester Seminar by calling Gina on 0207 696 6925 or email: willsandtrusts@mencap.org.uk.

Your Society needs you! Can you help us?

Volunteers needed:

- Coin collectors outside supermarkets
- Great bakers to bake cakes for our café (before Nov 3)
- Tea/coffee maker on November 3

Please do get in touch with Michelle if you feel you can help us and want to be involved. (023 80483 471) **Thank you.**

Charity Fundraising Auction at the Hilton, Ageas Bowl on Tuesday 18 October 2016. Would you like to buy a Zebra for your garden?



Mencap The voice of Learning Disability

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