

News flash

AUGUST 2016

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mencap
Eastleigh borough
and Romsey



GARDENING CLUB Open Day

Celebrity Guest: Rosie Yeomans

**From 11.00-2.00pm SATURDAY AUGUST 13, 2016
at West End Allotments, Moorgreen Road, almost
opposite The Southampton Arms pub.**

The Club theme this year is bugs & beasties. Look out for our Five Star Insect Hotel.

Meet our members and enjoy the home made refreshments.

There will be topical tips and lots of gardening advice. Also a competition, plant and card sales to raise funds for the club.

All are welcome.

SUMMER BBQ FUN

On Saturday July 23 we were blessed with our usual great weather when we had our annual barbecue at Royal Victoria Country Park.

We excelled ourselves by attracting nearly 70 visitors, some of whom had travelled from as far as Germany to be with us.



ZANY ZEBRA TRAIL

On a rather rainy August day some of our Zebra designers from our Flagship Art Club, took a walk around the Marwell Zany Zebra Trail in Southampton.

Our Zebra, “Zebra Crossings” is in a quiet location in Town Quay Park, behind Geddes Warehouse and the Regata restaurant.

We are delighted that our sponsor, LORICA, chose our design to be produced on a life size zebra. After a tour of 20 other zebras the group was united in agreeing that ours was best! Such modesty! We did admire much of the originality in other designs too.

We are really delighted with the Art Club members’ success as they are the only group of learning disabled artists to be featured in the trail. Other artists are professional illustrators, designers, cartoonists, etc.

We would recommend the trail for young and old alike and met many people on the trail who were eagerly ticking off all the zebras they had seen on the Trail map. There are some stunning entries!



Proud to be a Marwell's Zany Zebras artist!

Check out zanyzebras.org.uk



Chinese Cultural Festival 2016

A Breathtaking Chinese Cultural Trip for Disabled Adults.

Friday 28 October 2016 - 10:30am—2:40pm

Pavilion on the Park, 1 Kingfisher Road, Eastleigh SO50 9LH

Lion dance performance

Craft and Art: Paper cutting / Chinese calligraphy and language

Music and Tea: Chinese instruments, Tea ceremony

Dance and Fashion: Chinese dance, Chinese costume,

Sports and Fun: Jianzi / Kongzhu / table tennis / Chopsticks.

Entrance: £5 - Includes token for Chinese food.

Refreshments for sale: teas and coffees / Chinese snacks.

Hosted by the University of Southampton Confucius Institute

Email: confucius@soton.ac.uk; www.southampton.ac.uk/confucius

For more information and tickets please contact Ben:

tel 0781 630 2161 or at multibunge@gmail.com

BIG NIGHT OUT FAMILY QUIZ

Saturday evening - September 17, 2016

BISHOPSTOKE EVANGELICAL CHURCH

Fish & Chips supper – pre-order & pay before Sept 8

Hot and cold drinks to buy on the night

Entry £4 per person

Call 023 8048 3471 for details

If you came last year, you will know it should not be missed!



WALKING GROUP DATES

All walks start at 11.00am and are on flattish ground, with no stiles. Everyone is welcome, friends, family, carers. Walks are approximately 2 miles long and are quite leisurely.

August 20 & Sep 3– Call Helga 01489 784633 or Kath 023 80265426 for location details.

Mencap The voice of Learning Disability

REGISTERED CHARITY NUMBER 263620

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