

News flash

JUNE 2016

Issue No 93



Learning Disabilities Week

June 20-24 2016

FRIENDSHIP PICNIC

Tuesday June 21, 12noon to 2.00pm

Eastleigh Recreation Ground from noon. Bring your rug and packed lunch. Everyone welcome.

The picnic will be cancelled if the weather is wet or too cold

SPONSORED WALK – Sunday June 12



Maria and Beverley at Otterbourne during one of our training walks

Eastleigh Borough & Romsey MENCAP Walking Team Chandlers Ford Rotary Club's Itchen Walk

SPONSOR US PLEASE!

Maria, Beverley and Michelle have completed five training walks of different lengths in advance of the big day. We are ready to do the ten miles from Kings Worthy to Chandlers Ford.

The walk is on Sunday, June 12 but sponsorship can still be promised and paid right up until September. We are raising funds to keep the society and our various activities going.

You can sponsor our team:

- in cash to a staff member
- by cheque if you wish
- or by donating online at

<http://mydonate.bt.com/fundraisers/ebrmencap>

Volunteer collectors

Would you be willing to participate in our coin collections?
We are looking for a small number of volunteers who would stand outside major shops for a couple of hours on selected days to collect donations for the work of Eastleigh Borough & Romsey MENCAP.

Please contact Michelle if you are prepared to do this. We supply the collection box and one of our staff or Committee will be with you.

OUR ZANY ZEBRA IS READY

Look out for our Zany Zebra in Southampton when the trail starts on July 16 (for ten weeks).

No clues about our design...!



SUMMER BBQ

**Saturday July 23 12.00 noon to 2.00pm
at Royal Victoria Country Park, Netley.**

Health walk starts from Netley Railway Station at 11.00am and finishes at the barbecue site at 12.00 when cooking starts.

Or you can go direct to the Laurel BBQ site at noon.

Adult ticket: £7.50, Child Ticket: £4 (under 12) and Family ticket: £20 (2 adults and 2 children)

Please purchase or book tickets in advance so that we know that we must cater for you and your party. Call 023 8048 3471 and leave a message with your name, number of tickets to be booked and your phone number. If the event is cancelled due to poor weather we will be able to let you know.

GARDENING CLUB OPEN DAY – SATURDAY AUGUST 13 2016



Five Star Insect hotel built by Ben Neale

The Gardening Club has had great attendance since the start of the season. Maria has been pleased with the harvesting opportunities. Black radishes have been popular! Please come along to our Open Day on Saturday August 13 at 11.00am when Rosie Yeomans will be with us again to answer your gardening queries and to give topical tips.



EASTLEIGH HOT SHOTS – Basketball restarts July 2

CONTACTING ADULT SERVICES

From June 20 all calls to the Adult Services Learning Disabilities Team will be answered by the Contact Centre at Hants Direct. Contact Centre staff are being trained to deal with these calls and will be able to give some direct responses to queries, without you needing to talk to a care manager/social worker.

They would welcome feedback about how this works. Let us know your experience and we will pass it on.



Health Walk Schedule

EBR Mencap Society's Walking Group meet on alternate Saturdays during the year to enjoy a sociable walk in the countryside. Walk 11.00am - 12.30. Our walks are usually on flat ground, with no stiles. Everyone is welcome.

June 25 - White Swan, Mansbridge

July 9 - Lee-on-the-Solent/Stokes Bay

July 23- Royal Victoria Country Park, Netley for our BBQ!

In case of poor weather, call Helga Baker on 01489 784633 or Kath Rau 023 8026 5426.

Mencap The voice of Learning Disability

REGISTERED CHARITY NUMBER 263620

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