

News flash

MARCH 2016

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local
mencap

Eastleigh borough
and Romsey

Proud to be a Marwell's Zany Zebras artist!

Check out zanyzebras.org.uk



Flagship Art Club members are delighted to announce that their design for the Zany Zebra competition, run by Marwell Wildlife, has been chosen as a winner!

The members of Flagship Art Club will be putting their design onto the life size fibre glass zebra that Marwell Zoo has provided and on a miniature zebra to be used in the zoo trail. All the painted zebras can be seen from 16 July - 25 September, these are the official dates of the Marwell's Zany Zebras trails (both in Southampton City Centre & at Marwell Zoo).

Monday March 21- first day of spring! **GARDENING CLUB re-opens**

Gardening Club members will be pleased to start work back at the allotment on Monday March 21. We are looking forward to a great growing season in 2016.



Working on individual raised beds late summer 2015

This year the sessions will each cost £5. There are two opportunities a week to work on site:

Saturdays 10.00am -1.00pm and
Monday 1.00pm to 4.00pm.

Club is not open on Bank
Holiday Mondays.

Anyone else who might like to
join, should call the office 023
8048 3471 to find out more.

[New members are welcome.](#)

JUMP START DRAMA

There are four sessions left of our short drama project, led by JUMP START, a young theatre company of drama students from the University of Winchester.

Please bring support if you need it. Sessions: April 15, 22, 29 and May 6. Fee £3. Venue – centre of Eastleigh. Day: Friday: 12.15 – 2.00pm.

If you want to attend, please call 023 8048 3471 to book your place and find out the location. Leave your name, tel number and a message and we will call you back as soon as possible.

ACTIVE CITIZENS



The Active Citizens have been out and about extending their local historical knowledge, this time at the Solent Sky Museum in Southampton. The group were given a guided tour by volunteers and imagined a flight on the flying boat to Lord Howe Island in Australia.

OPPORTUNITIES OFFERED BY OTHER ORGANISATIONS:

- **Allsorts Youth Club** for 11-18 year olds with disabilities. WED 6.00 to 8.00pm. Allsorts is based in Romsey and is a perfect place to make new friends and have fun whether it is joining in pool, art, sport or team games. To join, call 01794 500581.
- **Abundance Music Festival Friday July 15 to Sunday July 17** at Foxlease Activity Centre, set in 65 acres of woodland in the heart of The New Forest. Friday 15 July is exclusively for people with learning disabilities, their family and carers, The weekend (16-17 July) will be inclusively open to the public, so friends can join you. Tickets can be purchased from www.abundancemusicfest.org in March. Check out the Facebook page at www.facebook.com/newforestspectrum2016 for updates.



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.

Mar 19 - Meet at White Swan, Walk from Mansbridge to Cobden Bridge & back!
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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