

News flash

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QUIZ AT THE CONCORDE CLUB

On April 19 The Concorde Club is hosting a quiz night to benefit Eastleigh Borough & Romsey MENCAP. Quiz entry and curry costs £12 per person. Please book your tickets online at

<http://www.theconcordeclub.com/events/mencap-quiz-april-2016>

There should be a maximum of 6 people per team, why not bring some friends along for a night out? There will be a big raffle too.

WAITROSE CHANDLERS FORD Community Matters

If you are shopping in Chandlers Ford this month please note that we are one of the three charities nominated for the Waitrose Community Matters scheme. Please vote for us with your green tokens.



Assured Futures Group Future Planning for Adults with Learning Disabilities

Are you concerned how your sons and daughters will manage without you?

A parents group has been set up to raise awareness about this and to find ways to prepare for a time when they may not be there to support them. Come along to the February meeting.

The group is looking to get support to establish 'Future Planning' as a priority area for the local Learning Disability Partnership Board. They are keen to involve more parents to develop this.

If you would like more information, contact Michelle 023 8048 3471. If the phone is not answered leave your name and number, your call will be returned, or just use the society email, as below.

How to be an Effective Employer Workshops 2016

For people who employ staff with Direct Payment funding in Hampshire. Independent Lives, in partnership with Hampshire County Council, is running free "How to be an Effective Employer" workshops.

Topics include:

- Getting it right from the beginning (know your budget, costs and responsibilities)
- Recruiting a Personal Assistant
- Induction, Staff Management and
- Supervision

Eastleigh – May 17 10-2.30 Wells Place Centre, Wells Place

Romsey – Oct 5 10-2.30 Room 1, Carers Together, 9 Love Lane.

Call or email to book your place. 01903 219482 advice@independentlives.org

Community Café - THE VIEW CAFÉ

30 Queens View, Netley S030 5EA

Netley has a new addition to its community: The View Community café. The ACTIVE CITIZENS visited in January and enjoyed the refreshments and meeting Erin, the project officer. The Café has a Disability Friendship Group from 11.00 to 13.00 on Mondays. There are also opportunities for people to volunteer in the café. Why not visit if you are in the area?



Health walk schedule

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.

Walks should take place on Feb 20, Mar 5, Mar 19 and Apr 2.

As the weather has been so wet many of our regular walk routes have been flooded and impassable. If you wish to join the group on any of these dates, please call Helga 01489 784633 or Kath 023 80265426 for details of the location.

Mencap The voice of Learning Disability

REGISTERED CHARITY NUMBER 263620

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