

News flash

NOVEMBER 2015

Issue No 86

local
mencap
Eastleigh borough
and Romsey

PUMPKIN TRIUMPH



Members of the Gardening Club are proud to show off the pumpkin they grew this year. Although we were very pleased with it, weighing in at 56 lbs, it was easily beaten by other pumpkins from West End Gardening & Allotment Association members whose pumpkins weighed over 100lbs!

The Gardening Club has now closed outdoor activities for the winter but will have a monthly meeting in West End to keep members involved and to help them with planning their plots for next season. The Club reopens in mid March.

The Club is open for two sessions a week, each of three hours. Monday afternoons from 1.00 to 4.00pm and Saturday mornings from 10.00am to 1.00pm. The sessions are an excellent opportunity to learn more about gardening and different plants, to work in a team, to meet new people and make friends, to do some physical work outside and to grow your own fresh food and flowers We have several very dedicated members who are enjoying these benefits.

Anyone who is interested in joining the Gardening Club should get in touch with Michelle (023 8048 3471) for the dates of these meetings. They are a good chance to get to know other Gardening Club members and to find out what the Club is all about.

CHANGE AND MEETINGS

Two events to update you with what is happening in Adult Services.

Working Together

Adult Services are changing – come and find out about the changes and how you can be involved.

Monday November 16. 10.30- 13.30

Fleming Park Bowling Club, Passfield Avenue, Eastleigh SO50 9NL

This is an informal and interactive event for service users and their carers.

Talk to people who are leading the change and find out how you can be involved. A light lunch and refreshments will be provided.

To book your place visit

<https://workingtogetherhampshire.eventbrite.co.uk>

CARERS MARKETPLACE

Carers you are invited to browse the market place. Advice and information across a wide range of topics will be available. There will also be resources, links to organisations and support with your caring role.

Thursday November 26 From 10:00am to 3:30pm

Hants County Council, Ell Court, Ashburton Hall, Winchester SO23 8UJ

One date, two events: Nov 14

(1) Chandlers Ford Joint Charities Xmas Fayre

10 to 12 noon at The Dovetail Centre, Bournemouth Road, Chandlers Ford.

(2) EBR MENCAP AGM/Party - Cranbury Centre, Cranbury Road, Eastleigh 7.00pm to 10.00pm. **All welcome!**

The deadline to order food has now passed but don't let this stop you from coming. Some people are coming who have chosen not to eat at the event.

Health Walk Schedule

EBR Mencap Society's Walking Group meet on alternate Saturdays during the year to enjoy a sociable walk in the countryside.

Nov 14 – Chandlers Ford (Charities Xmas Fayre) – meet Railway Station.

Nov 28 – Hillhead – meet at car park near sea front at Salterns Park.

Call Helga Baker 01489 784633 or Kath Rau 023 8026 5426 to check arrangements.

Mencap The voice of Learning Disability

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