

# News flash

SEPTEMBER 2015

Issue No 84



## GARDENING CLUB OPEN MORNING



**We were blessed with fine weather for our Gardening Club Open Morning on August 15. Rosie Yeomans officially opened our new polytunnel and is seen here giving allotment members and friends some gardening tips. She also answered individual questions from the audience.** Fifty people attended the event, some were regular members, our supporters or were people who were interested in seeing the Gardening Club for the first time. New members and volunteers from the local area are always welcome at the allotment.

The EBR MENCAP Committee provided delicious sweet and savoury cakes as well as hot or cold drinks. West End Garden and Allotment Association were very welcoming to all our visitors. Maria is to be congratulated on running such a great event.

# *Aladdin*

## **Workshops & Pantomime Matinee**



We are teaming up with the Mayflower Theatre and Sir Harold Hillier Gardens in Romsey to help create the **Grand Bauble Hunt Pantomime Trail 2015**. From Dec to Jan visitors to Hilliers can follow the story of Aladdin by visiting ten stations in a trail around the gardens. We will make one station on the trail!

There will be three workshops on Monday afternoons in central Eastleigh: one on drama and two art workshops to explore the story of Aladdin and to make one of the stations. Anyone who attends all three workshops can come to see a Matinee performance of Aladdin at the Mayflower on Monday December 21.

### **Come and be part of the team making the artwork.**

- **One DRAMA workshop on Oct 12** We will explore the story of Aladdin through games and exercises and look into the tradition of British Pantomime.
- **Two ART workshops (Oct 19 and Nov 9)** where we will design and create the artwork for the station from large cut outs of wood, foam, cloth etc.

Workshops run from 1.00-3pm but the venue will be open at 12noon so we can have lunch together and all be ready to start work at 1.00pm. Bring your packed lunches.

**COST:** Each workshop costs £5 and we expect participants to pay for and attend all three workshops to see the project through to completion.

For people who have attended all three workshops we can offer a seat to see Aladdin at the Mayflower on Monday December 21 for £8. (Usual price £39.50) So in total the whole project, covering four afternoons, will cost £23.

**BOOK NOW IF YOU WANT TO TAKE PART, THERE ARE LIMITED PLACES.**

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## ***FLAGSHIP ART CLUB EXHIBITION***

**October 22, 2015**

**The Swan Room, in the restaurant at  
Haskins Garden Centre, West End**

**Come along and see the work of our Flagship Art Club artists. The Show is open to the public from 10.30 to 11.30 and again at 13.00 to 16.30.**

## **Who supports your son or daughter (who has a learning difficulty), when you are no longer here?**

I have a 35 year old daughter, who has Down's Syndrome. She is very able, independent and out-going, works part-time, and lives in her own flat in one of the parishes outside of Eastleigh, making use of local clubs, Zumba, Scrabble and Slimming World, as well as being part of the local church.

While this is working quite well, my daughter would benefit from stronger social networks and friendships, to enhance her social, leisure and emotional support now, but, more importantly, in the future, when as an older parent, I won't be around to help, and there may not be anyone to provide the sort of intensive support she gets from me presently.

**Does this sound a familiar concern to you?  
Is it something you worry about as well?**

I am keen to explore and develop with like-minded parents, a number of informal and possibly, more formal arrangements to help provide a more assured social, emotional and practical support arrangement for my daughter and others in a similar situation, who can come together to provide, complimentary skills and companionship to work together in helping to support each other with additional structured input as and when needed. This seems all the more important with the likelihood of further reductions in support from Social services and the uncertainty of future support from family members, who may have their own difficulties and lack the resources or time to provide real support.

I don't have all the answers' as to what may prove to be the best solution and indeed, there may be a number of different options to suit different people in their different situations etc. But what I am prepared to do is to help raise this issue and work with fellow parents, to see what we can put in place to provide that assurance, that our sons and daughters may get adequate support in all its forms, when we are no longer there to provide that directly.

Eastleigh borough & Romsey Mencap, have kindly agreed to collect responses from you. If you share my concerns and wish to get together to discuss how we might work to share and develop some ways to address this, then please send a message to Michelle by email, or call the office and leave your name and number on the voicemail and she will get back to you.

I look forward to receiving your comments and responses. If there are other people in the same situation, with the same concerns we can organise a meeting.

Tony

# Planning Ahead Seminars from Royal MENCAP

Thursday September 24, 2015 12.30pm in Southampton

## Wills & Trusts

Please email: [willsandtrusts@mencap.org.uk](mailto:willsandtrusts@mencap.org.uk) or  
call 0207 696 6925 to book your place.



## Annual Party & AGM

Saturday evening,  
November 14 2015 at  
The Cranbury Centre,  
Cranbury Road, Eastleigh

## Membership Renewal and Grow your Tenner

We will soon be sending out letters to Eastleigh Borough & Romsey MENCAP members about renewal of memberships. The cost is still £10 for the year and we ask all members to renew on-line, through LOCAL GIVING, after October 13 when the Grow your Tenner campaign starts again. If you do not use a computer, please speak to our staff who can find ways to assist you.

Paying through LOCAL GIVING will double the amount given and if you are a tax-payer and opt to do so, we can also claim Gift aid on your donation. For example: if you pay £10 through Localgiving, we will receive £9.16 after administration costs, if you pay tax and opt to give Gift Aid, we will receive £2.38 plus the £10 to match your own.

**So your £10 donation will swell to £21.54, or £19.16 from non-tax payers.**



## Health walk schedule

EBR Mencap Society's Walking Group meet on alternate Saturdays during the year to enjoy a sociable walk in the countryside. All our walks are on mostly flat ground, they are about 2 miles long and do not include any stiles. The walks take about one hour and anyone is welcome.

- **Sept 5** - Meet in the car park at **The White Swan, Mansbridge**
- **Sept 19** – Meet at Netley Railway station – **Royal Victoria Country Park**
- **Oct 3** - Meet in big car park on corner in Passage Lane. **Warsash**. Walk along river and back then pink ferry to Hamble to a café if desired.

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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