

News flash

AUGUST 2015

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local
mencap
Eastleigh borough
and Romsey

CHINESE CULTURAL FESTIVAL



The Chinese Cultural Festival on Friday July 3 was a huge success with over 200 people attending. The Mayor of Eastleigh joined us and enjoyed the entertainment which was

presented by the staff and students from the Confucius Institute at the University of Southampton, with visiting performers from Goldsmith's College, London.

The audience watched various dances, including the dramatic Lion Dance, music recitals, a traditional Chinese Wedding ceremony and demonstrations of Tai Chi. There were opportunities for people to try out paper cutting art, playing Mah jong, lucky knot tying, dressing up in Chinese costumes, learning Mandarin, seeing the tea making ceremony and tasting Chinese food. The staff and students were pleased to talk to everyone about their skills and talents, many participants were keen to join in with the activities and took souvenirs of the day away with them.



Ben Neale with the Director and members of the Confucius Institute from the University of Southampton.

GARDENING CLUB OPEN MORNING

SATURDAY, AUGUST 15

10.30am – 1.30pm

All members and friends are invited to the Gardening Club allotment on Moorgreen Road, West End on Saturday August 15 for the opening of our polytunnel. Rosie Yeomans, guest panellist on BBC Radio Four's Gardeners' Question Time will be cutting the ribbon.

You can find out all about the Gardening Club, exchange gardening tips and meet our Gardening Club members. Refreshments will be available to purchase. We look forward to seeing you!

The allotments are on the opposite side of the road to the Southampton Arms pub on Moorgreen Road. Our allotment is easy to find, being one of those nearest to the road. If you are coming by public transport, the X4 bus goes hourly (40 minutes past the hour) from Eastleigh Bus station to the Hilldene stop in West End, then you can walk down Moorgreen Road to the allotments, this takes about 15 minutes.

BIG FIFTY PADDLE



Our supporter Lucy, sent us this shot of her paddling on the Grand Canal, near the Rialto Bridge in Venice.

Well done Lucy for achieving your goals and thank you for fundraising for us. Proceeds are being used to supplement travel costs for the Chill Out Club.

Summer Closures

ART CLUB returns on Thursday September 10

Eastleigh Hot Shots is back on August 29 and then regularly every two weeks.

Chill Out Club is closed for two weeks (Aug 10 and 17, also closed for Bank Holiday).

Group A returns on August 24 and Group B on September 7.

WALKING GROUP DATES

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.

August 8 – Weston Shore; Aug 22 – NO WALK; Sept 5 – White Swan, Mansbridge

Call Helga 01489 784633 or Kath 023 80265426 for details.

Mencap The voice of Learning Disability

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