

News flash

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GARDENING CLUB POLYTUNNEL OPENING

We invite all members and friends to come to the Gardening Club allotment on Moorgreen Road, West End on the morning of Saturday August 15 when Rosie Yeomans, guest panellist on BBC Radio Four's Gardeners' Question Time will be declaring the polytunnel open!

Rosie is also manager of the GQT garden at Sparsholt College; can be heard on Radio Solent's The Good Life programme and lectures at West Dean College. In addition she is an accomplished vegetable grower and keen allotment gardener.

Refreshments will be available. You can find out all about the Gardening Club, exchange gardening tips and see the progress made by our members.

The polytunnel has been equipped with two made to measure tables, which have been manufactured for us by the Minstead Training Project.



Farm Walk – Saturday July 11, 2015

The Walking Group has its Annual Farm walk at Awbridge on July 11 starting at 11.00am.

The walk has proved popular in previous years as our hosts like to introduce us to all their animals.

If there is enough interest we might run a minibus from Eastleigh. Call Helga if you want to go. 01489 784633.

EASTLEIGH HOT SHOTS BASKETBALL CLUB

Our sessions over the summer will be July 4, August 1 and 29 only.
(No sessions on July 18 or August 15)

LOOKING AHEAD

Thursday September 24, 2015 12.30pm in Southampton

Free Wills & Trusts Seminars

from Royal MENCAP.

For more info, call 0207 696 6925 or email:

willsandtrusts@mencap.org.uk

Chinese Cultural Festival

10.30 – 2.30 pm Friday July 3, 2015
Pavilion on the Park

A day of Chinese Cultural workshops and performance art for adults with disabilities.

Starting with the traditional Lion Dance at 10.30, the performances will include Chinese music, folk dancing, a historical costume show, a traditional Chinese wedding ceremony, followed by a variety of Chinese Cultural workshops where people can try out different arts: paper cutting, calligraphy and Chinese language etc.



Entrance fee £3
Refreshments & Chinese snacks
on sale. Free parking.

This event is hosted by the University of Southampton
Confucius Institute.



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. The walks are mostly on flat ground and usually start and finish from a venue where facilities are available.

**July 11- Farm walk at Awbridge – meet at Awbridge Village Hall.
Refreshments after the walk.**

July 25 – Hillhead – meet at car park on the sea front near Lions Hut.

Mencap The voice of Learning Disability

REGISTERED CHARITY NUMBER 263620

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