

News flash

MAY 2015

Issue No 81



SPRING GARDENING



Our Gardening Club re-opened in mid March and is being well attended. Maria Dowding, our Co-ordinator writes about this year's progress and plans:

Recently, we have been preparing beds ready for planting out potatoes and other crops such as beans, sweet corn and courgettes.

Due to the recent warm weather, the soil has warmed up nicely and after a long wait our carrot seedlings are finally beginning to appear. So far this season we have been harvesting the last leeks and Swiss Chard. One of our members has already harvested his own beetroot from his raised bed which he sowed from seed last autumn!

We have put our name down for the West End Garden Allotment Association's (WEGAA) Fuchsia competition and in a few weeks time hope to collect our cutting from them to grow on.

Lots of work happening at ground level but more sinister 'going-ons' underground; we have a mole in our midst! Each week we have found new mole hills in different places as he/she has clearly been working hard at creating a network of tunnels throughout our allotment. This undermining may lead to collapse of surface levels and affect any of our crops. However not wishing to make a mountain out of a molehill, the mole can be our friend also as the soil from the mole hills makes a fantastic topsoil for seed beds and for scooping back onto our raised beds.



Last but by no means least, a BIG thank you to our lovely volunteers, Barry, Ben, Pat and John and support workers who do so much to help out. We will be holding an Open Morning at the allotment soon to show off our fabulous new Polytunnel, so we hope you will come along and meet the crew.

OUR BIG NIGHT OUT

Don't forget our Quiz night on Saturday May 9 at Bishopstoke Evangelical church 7.00-10.00pm. All Welcome.

BIG 50 PADDLE raises an amazing £810!



Lucy Briggs who took part in the London Kayakathon.

Lucy raised £675 in donations plus an additional £135 through Gift Aid, giving a grand total of £810 for projects run by Eastleigh Borough & Romsey MENCAP.

An enormous thank you to Lucy for all the effort involved in setting up the Challenge, encouraging people to support her and not least for completing this first challenge, paddling from Tower Bridge to Chiswick and back again, this is 26 miles in total.

Thank you to everyone who sponsored her.

Here is Lucy's account of her day.

The challenge was to kayak 26.2 miles along the Thames. There were about 50 of us, and we kept in the group the whole way. The tides were with us to Chiswick, where we jumped out and had some hot chocolate before the return trip. Unfortunately the day was grey and cold, with glimmers of sunshine on the way back.

The tides through the bridges made the water really choppy, and bouncy. As soon as I got in the kayak I felt comfortable, and although the river was rough, it was actually really exciting & fun. I had borrowed a really lovely kayak from a friend, Jean, and paddled alongside her husband and son. Jean was also actively supporting us with her two daughters, Jackie & Josie. Josie has Down syndrome and is a keen kayaker herself.

My fears about not being good enough, or fit enough, had been a huge waste of mental energy, and left me more tired than the actual physical effort. Everyone had raised money for different charities, and I am pleased to have been able to raise over £800 thanks to the generosity of friends, family, and the Mencap supporters.



I will be kayaking 20 miles around Venice at the end of May, which will be a very different challenge. I imagine it will be chaotic, and crowded, and much harder work without the strong tides of the Thames.

Lucy's third and final challenge is nearer to home – The Isle of Wight later in 2015.

Chinese Cultural Festival

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

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.

We are delighted that the Mayor of Eastleigh will also join us for the day.

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.
May 16 – Weston Shore – if fine, bring a picnic

EASTLEIGH HOT SHOTS BASKETBALL CLUB - After our May 9 Session the Sports Hall is not available because of school exams.
Our sessions re-start on July 4.

Mencap The voice of Learning Disability

REGISTERED CHARITY NUMBER 263620

ebr.mencap@ntlworld.com www.ebrmencap.org.uk

56 Oak Tree Road, Southampton SO18 1PH Tel 023 8048 3471