

# News flash

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## New Year - new activities

Each new year we try to offer many of the same activities and to add in some new ones.

We hope that you enjoy the mix!



### FILM COURSE AT THE COURTHOUSE

There are places still available for our six week Film Course.

Course dates: Jan 26, Feb 2, 9, 23 & Mar 2 and 9.

The cost of the course per participant will be £30 for the whole course, which can be paid in £5 instalments each week whether you attend or not. We have only 15 places – so don't miss out if film is your thing! Call the office to book your place.

## Flagship ART CLUB

We are running our new ART CLUB on Thursdays at 10.00am in The Old Fire Station in West End – across the road from Asda. The cost is £5 per session, this includes tuition, refreshments and all materials. Please contact Michelle on 023 8048 3471 or by email, if you wish to attend. All are welcome.

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## A CREATIVE ACTIVITY for MENCAP MEMBER RELATIVES

***“To be human is to be creative. To be creative requires a space.”***

We have an arrangement with The Little Art Haven to offer some discounted sessions to EBR MENCAP members' relatives who would like to explore their creativity. This is for Mums, Dads, brothers or sisters of people who have learning disabilities.

**“At The Little Art Haven sessions, you will learn new skills and techniques to help you keep an art journal. An art journal is your own safe space to explore life issues, record events, create new ways of looking and make unique individual pieces of art. We tailor our courses to build confidence in using a wide variety of art and craft materials and techniques.**

**We aim to encourage you to continue developing these skills for yourself. Please don't worry if you have little or no experience of art or craft activities. Look on this as a rare chance to try out something new, revisit former skills or just to enjoy being creative!"**

**Curious?** You can find out more by trying a free taster session at the Courthouse on Wed Jan 14, 7-9 pm or Thurs Jan 15, 10-12 am. The ten week programme starts the following week, with sessions offered at three different times, so hopefully most people will find a day and time that is convenient. The times are Wed 7-9pm, Thurs 10-12am or Sat 2-4pm. The programme is open to all members of the public and is not exclusively for EBR MENCAP members relatives. (The Courthouse is the old Magistrates Court off Leigh Road.)

Call the EBR MENCAP office if you would like to know more about the discount we are offering. Session cost is usually £17.50.

## **FOOTBALL IS COMING.... ARE YOU READY?**

**We hope to be starting football coaching sessions in February.  
These will be in Eastleigh, during the day time.  
Open to everyone over 18 who has a learning disability.  
Let us know if you are interested!**

## **THE DREAMERS – Integrated Theatre Group**

The last LIMELIGHT LOCAL course has just started. If you are aged 18 -30, have a learning disability or have been unemployed for more than 3 months, this is an opportunity for you!

This course lasts for 13 weeks and runs on a Wednesday from 10am -3pm, mostly at the Berry Theatre. The course will allow you to meet new people, play games, make things, try out some acting and share experiences. From all of these activities, the participants create a show to perform on stage at The Berry Theatre on Wednesday March 25, 2015. The course is great fun and the performance is always exciting!

**Call to find out more. (023 8048 3471 – leave a message if there is no answer)**



## **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.

Jan 24 – Mansbridge – meet at The White Swan at 10.50am

Feb 7 – Netley – meet at Netley Railway station at 10.50am

Our walks are on mostly flat ground, they are about 2 miles long and do not include any stiles. 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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