

News flash

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local
mencap
Eastleigh borough
and Romsey



MERRY CHRISTMAS

The Committee and staff of Eastleigh Borough and Romsey MENCAP wish you and your family a very Merry Christmas and a Happy New Year. We look forward to seeing you in 2015 at one of our courses or events.

There are three new offers of things to do in the day time in this newsletter... so please, read on!

FILM COURSE



- CREATE YOUR OWN SCI-FI MOVIE TRAILER!
- LEARN A WIDE RANGE OF FILMMAKING ACTIVITIES INCLUDING: STORYBOARDING, GREEN SCREEN + SPECIAL EFFECTS
- TAKE ON A ROLE BEHIND OR IN FRONT OF A CAMERA
- ★NO PRIOR KNOWLEDGE OR EXPERIENCE REQUIRED

6 WEEKLY SESSIONS: £5 PER SESSION
MONDAYS 10-12PM STARTING JAN 26TH
@THE COURTHOUSE, LEIGH ROAD, EASTLEIGH
WWW.SOCOmusicPROJECT.ORG.UK/COURTHOUSE



Course dates: January 26, February 2, 9, 23 and March 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!

NEW Flagship Art Club

We are starting our new ART CLUB on Thursday January 15 2015 at The Old Fire Station in West End – across the road from Asda.

Caroline Rackham will be providing tuition for people who have a serious interest in art and want to improve their skills. The Club starts at 10.00 promptly and finishes at 12.15. There will be a break and refreshments are provided.

The cost is £5 per session, this includes tuition, refreshments and all materials. Please contact Michelle on 023 8048 3471 or by email, to book your place.



Some of our artists' work as seen at the Flagship Art Exhibition at Haskins Garden Centre on October 23 2014.

THE DREAMERS – Integrated Theatre Group

The last LIMELIGHT LOCAL course starts on January 7 2015. If you are aged between 18 and 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. Out of all 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.

Dec 13 – Manor Farm Country Park: Walk & Xmas meet. (Park in QE2 centre)

Dec 27 – WALK CANCELLED – no walk this week – sorry!

Jan 10 – Hillhead – meet at seafront car park near Salterns Park

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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