

News flash

OCTOBER 2014

Issue No 74



BASKETBALL CLUB

Want to be more active and maybe get fitter?

Alternate Saturday mornings

10.00 – 11.00am

Wyvern School Sports Hall

Cost £3



Coach Alan Cunningham demonstrates defence

Our Coach is Alan Cunningham, an ex-Harlem Globe trotter. He provides great sessions which are easy to join in and great fun. No experience is necessary, just come along wearing trainers and loose clothing so that you can move easily and run.

The Basketball Club runs on Saturday mornings and alternates with the Walking Group meetings. So this month the basketball sessions are on October 11 and 25, then November 8 and 22.

Competition to choose a Club name

We want to choose a name for our Basketball Club and would like your help! Suggestions can be made for a new name up until November 22 when we will choose and announce the new name. Please let us have suggestions on a slip of paper with your name and phone number. We will announce the new name at the Annual Party on November 22 at the Cranbury Centre.

Basketball teams are usually called things like “Phoenix Suns”, “Washington Wizards” or “Atlanta Hawks”. Let your imagination run wild!

Flagship Art Exhibition

The Swan Room in the café at
HASKINS Garden Centre, West End
Thursday October 23, 2014

Open at 10.00-11.15am and 12.30 – 5.00pm

GARDENING CLUB UPDATE

Our allotment shed was broken into in September and our rotovator was stolen. We know this is a common problem on allotments, but it is annoying to have lost a good piece of equipment and to have to repair the shed. We are grateful to Barry, our Gardening Club volunteer who secured the shed for us in record time.

The Club closes this month but there are winter meetings for the members and the Club will re-open in March 2015. Anyone who would like to join should contact the office.

NEW MUSIC PROJECT

We have started our music and interpretation project at the new Eastleigh venue, The Courthouse. This is known to most Eastleigh residents as the old Magistrates Court. We are working with SoCo, a Southampton creative charity which specialises in music and musical performance. Our ten participants had a great time in the first week, learning about different instruments, trying them out and using a tablet to record sounds and create different musical pieces.



Music project participants at The Courthouse



Health Walk Schedule

EBR Mencap Society's Walking Group meet on alternate Saturdays during the year to enjoy a sociable walk in the countryside.

Nov 1 – Royal Victoria Country Park (Meet at Netley Railway Station)

Nov 15 – Mansbridge to Cobden Bridge (meet at White Swan)

Nov 29 – Weston Shore (Car park by pitch & putt and loos)

Dec 13 – Manor Farm Country Park – Walk 1 & Xmas celebration. (Park in QE2 Activity Centre)

Dec 27 - Manor Farm Country Park – Walk 2 (Park in QE2 Activity Centre)

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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