

News flash

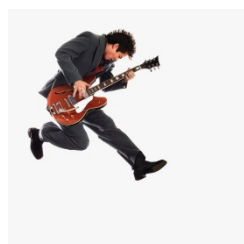
SEPTEMBER 2014

Issue No 73



NEW MUSIC PROJECT

**Do you love music? Do you want to make music? Free on Mondays?
Join our new project!**



MUSIC PERFORMANCE & INTERACTION

- ❖ Learn to play guitar/drums/bass/keyboard + more in a variety of styles. No prior knowledge or experience require.
- ❖ Perform in a band. Learn to compose and record your own song using music software and iPads.
- ❖ This exciting course will be tailored to suit the needs and interests of all participants and will be delivered in a relaxed and enjoyable way.

This course will run weekly on Mondays 10-11.30 for 10 weeks at The Courthouse, Eastleigh from October 2014. Sign-up to the course today for only £50, fees can be paid as £5 each week. Only a few places left. Call Michelle to book your place: 023 8048 3471.

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**

We will be exhibiting the work that our Flagship Art Course produced for one day only, at Haskins Garden Centre. Why not come along to see the work, talk to our artists and find out if you would like to participate in a similar project?

We would love to run an Art Club for people who are serious about art, want to learn more and improve their skills. We need 12 participants to make the Club worth running.

GARDENING CLUB UPDATE



Currently, we are harvesting courgettes and beans, also cucumber which have been growing in our new polytunnel. We have a lovely new cold frame that Barry put together for us and we are growing some peppers in it.

It would appear some furry creature has been nibbling on our sweet corn before it is quite ready for harvesting. However, if the weather continues to be warm, we should be able to pick our sweet corn soon.

Also thanks to Barry, we are very proud to have a 'living roof' on our shed which consists of sedum plants and will attract beneficial insects to help pollinate the surrounding plants.

The Club will be closing for the winter on Monday October 27, that will be the last session on the allotment for this year. There are monthly meetings indoors for members, so that we can talk about what was successful in the past growing season and make plans for what they want to grow in 2015.

Maria,

Gardening Club Co-ordinator

Planning for the future

Royal MENCAP meeting for carers to help plan the financial future for your relative on Thursday Sept 25 6.30-8.30pm Cathedral Discovery Centre, St Edmund House, Edinburgh Road, Portsmouth PO1 3QA. Call 020 7696 6925 to book.



Health Walk Schedule

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

Oct 4 – Royal Victoria Country Park – meet at railway station

Oct 18 – Hillhead – meet at sea front 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

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

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