

News flash

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EASTLEIGH COMMUNITY GAMES



The MENCAP Basketball Club coach, Alan Cunningham, warms up his first group of players and teaches some ball skills at the Eastleigh Community Games on Sunday July 27. We had a great day on the stall, meeting lots of new people who were interested in basketball or in having fun with our group. Alan devised games to keep everyone involved from 10.00 am until 2.00pm in the hot sun.

Basketball Club: If you are interested in going, call Michelle on 023 8048 3471 for details of time and venue.

Planning for the future

Royal MENCAP hold an annual meeting for carers to ensure that they take steps to ensure the financial future of the person they care for. The local event is 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 a place.

EXCITING NEW MUSIC PROJECT

MUSIC PERFORMANCE & INTERACTION

- ❖ Learn to play guitar/drums/bass/keyboard + more in a variety of styles.
- ❖ 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.
- ❖ No prior knowledge or experience required

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. 8 -10 places available. Call Michelle to book your place!

THE DREAMERS START THEIR NEW PROJECT



The Dreamers theatre group start their new autumn project at the beginning of September. Dreamers must be between the ages of 18-30 years old, live in Eastleigh Borough or Romsey and must either have a learning disability or have been unemployed for more than three months.

The group will be looking at the theme of **Fairness and Equality** and will create a performance on this subject to take into schools and colleges in Hampshire. **Call us for more information on how to join.**

SUPPORTING EASTLEIGH BOROUGH AND ROMSEY MENCAP DOUBLE YOUR MONEY after October 15!

It will soon be membership renewal time again. You can double your ten pound membership subscription to us, simply by paying ten pounds online through Local Giving by debit or credit card. **Local Giving will match your ten pounds and we will receive £20.**

Wouldn't you want us to receive double your money ? Think how many minibuses we could run for the Chill Out Club, or how many Gardening sessions could be supported!

If you do not have access to a computer, then you can pay our staff or Committee members in cash and we will put the money into Local Giving in your name – you must tell us if you are a tax payer or not.



Health Walk Schedule

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

Sep 6 – Royal Victoria Country Park – meet at Netley station

Sep 20 – Riverside Park – meet at White Swan pub, Mansbridge.

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

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