

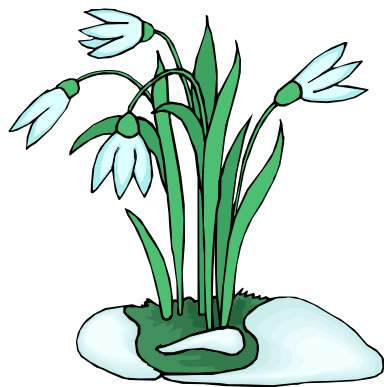
# News flash

JANUARY 2014

Issue No 65



## ANOTHER NEW YEAR



The staff and committee have been working on our future plans for this year, more news and dates in the next issue. Here are some early dates for your diary:

**April 2 Wednesday 7.30pm** – Performance from the Limelight Local project at The Berry Theatre in Hedge End

**June 1 Sunday 2.00-5.00pm** - Longstock Park Water Garden has a charity opening for Eastleigh Borough & Romsey MENCAP

The Gardening Club start meeting again on the allotment on **Monday, March 17**. We are very excited that this year we will have a polytunnel on the allotment so that work can continue even in bad weather. The Gardening Club have been meeting regularly over the winter to plan what they will grow in 2014. We look forward to seeing the results!



## Basketball Club

**EBR MENCAP are very happy to announce that the Basketball Club for people with learning disabilities has become one of our projects.**

The Club has been running for many years with generous support from EDLAG. There will be no change in coach, venue or club times, so business as usual for all players.

The Club runs on alternate Saturday mornings (Feb 1, 15, Mar 1, 15 and 29), on the other weeks you can walk with the MENCAP Walking Group. The session starts at 9.30 for one hour. The venue is the Sports Hall at Wyvern School. Cost is £2.50.

**The Coach is Alan Cunningham, ex-Harlem Globetrotter. We are very excited about the Club and hope that more people will try out Alan's excellent coaching sessions. They can improve people's overall levels of fitness as well as their co-ordination and mobility.**

**For more information call Michelle on 023 8048 3471.**

## LIMELIGHT LOCAL

We have started our new Limelight Local Project for young people with learning disabilities or who are unemployed. The first meeting was on Wednesday January 15 and thirteen young people signed up to join us. We still have a few places if anyone else would like to join. Get in touch as soon possible as the course will be closed to new entrants in two weeks.

The new group are getting to know each other and starting to feel comfortable working on stage at The Berry Theatre. We are playing games and doing various drama activities. It is all a lot of fun.

There will be a performance of the work this group creates on Wednesday, April 2 at 7.30pm at The Berry Theatre. Tickets will be on sale soon. Please put the date in your diary and come long to find out what they have been doing and for a good evening of entertainment. Tickets cost £4.

**The project is for young people aged 18-30 with a learning disability OR have been unemployed for more than three months. The course is held on a Wednesday for 12 weeks. Call Michelle 023 8048 3471**



## ROBINSON CRUSOE



In December a group who had been involved in the Panto Trail project with the Mayflower theatre, travelled to Hilliers to see the Panto Trail. Although the weather was pretty foul we managed to get round the trail without getting too wet and enjoyed the activities along the trail. Many thanks to Hilliers for giving us such a great welcome and to the Mayflower for an inspiring and original project.

## HEALTH WALKS

EBR Mencap Society's Walking Group is open to anyone who enjoys walking. Meet at 11.00am for a walk of approximately two miles.

**Jan 25 – Hillhead, walk along the shore. Meet at car park on sea front.**

**Feb 8 - Knowle Park**

**Feb 22 - Weston Shore**

Call Helga Baker on 01489 784633 or Kath Rau 023 8026 5426 if the weather is poor, to find out if the walk has been cancelled. Cancellations are rare and regretted.

**Mencap The voice of Learning Disability**

REGISTERED CHARITY NUMBER 263620

[ebr.mencap@ntlworld.com](mailto:ebr.mencap@ntlworld.com) [www.ebrmencap.org.uk](http://www.ebrmencap.org.uk)

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