

GARDENING CLUB OPEN MORNING



Want to find out what the Gardening Club is all about? Why not come along to our Open Morning on October 12 from 10.30 to 1.30pm?

You can see the allotment, meet Maria and some of the members, take part in fun activities, enter our competitions and consider if it is for you!

The allotment is on Moorgreen Road in West End, the entrance to the car park is nearly opposite the Southampton Arms pub. If the weather is poor we will postpone to the following week on October 19.



Our allotment, as it looked when we first took it on – come and see it now!

What's happening now at the Gardening Club?

“We have recently sown some broccoli seeds to overwinter. Carrots are growing well and should be ready to harvest before this season is out.

At the moment we have some turnips, leeks and radish coming along well. Apples should be ready to harvest soon.

We are going to plant some onion sets for overwintering and currently exploring new crops to put in.

By the end of the season, we hope to clear the eight raised beds for Gardening Club members to take on as their own and either green manure them by sowing clover, rye or winter tare which are nitrogen fixing plants or place mypex down to prevent weeds coming up during the winter.

We hope to have our Scarecrow ready for Open Morning and invite MENCAP members to come up with a name, we are not sure of its gender at this moment in time. The winner will receive a prize.

I would like to say special thanks to Jon Riddell, formerly Local Area Co-ordinator in the HEWEB area who gave us so much help and encouragement to take on the allotment.

Maria, Gardening Club Co-ordinator.

Learning Disabilities Plan (draft) & CONSULTATION

This Plan is for every adult with a learning disability, regardless of how complex or not, their needs are, even if they do not have support paid for by Adult Services. The Plan has been written by Hampshire Learning Disability Partnership Board. They want everyone with a learning disability to have the same rights, choices and opportunities in life as everyone else. They have written the Plan based on what they have been told and they will continue to listen and update the Plan.

You can have your say until Dec 6 - Find the draft plan online and comment on it online <http://www3.hants.gov.uk/learningdisabilityplan-consultation>

OR you can order a paper copy and questionnaire. (Call **01962 847946**)

OR attend an event, our local **Consultation event at Eastleigh Baptist Church Wells Place Centre on Monday October 14, 10.00-12.00**

After 6 December, they will look at what everyone has told them and make any changes needed. The Plan will be approved by the Hampshire Learning Disability Partnership Board, Hampshire County Council and Hampshire's five Clinical Commissioning Groups. It will be launched in the spring of 2014.

Future Planning – Shared Living Opportunity?

My daughter aged 34, is a very able and independent young woman who has a learning disability (Down's syndrome). She lives a very active life, taking part in the local community, attending the gym, Scrabble club, cinema, bowling and eating out, as well as working part-time.

She has progressed from living with her parents to moving through shared accommodation, group homes, finally living successfully in her own flat. She has now moved to the Eastleigh area and is again looking to venture into living independently in a house. While this will be good, it can also create a sense of isolation if you are living on your own, without someone to share or take up community activities, or have a conversation as to how your day was.

We are looking to see, if there are any like-minded people with a learning disability and of a similar ability, with whom she can look to initially strike up a friendship, with a view to possibly considering a 'house-share' at a later date – someone who can provide complimentary skills in a mutually supporting role for home companionship, shopping, cooking and domestic tasks, as well as social and leisure pursuits etc.

If you think this may be of interest to you or some-one you know, in the first instance, please contact Michelle by email or call 023 8048 3471.

HEALTH WALKS

EBR Mencap Society's Walking Group is open to anyone who enjoys walking.

September 21 – Hillhead – meet at car park on seafront near Salterns Park

October 5 – Weston Shore

October 19 – Mansbridge – The White Swan

Call Helga Baker on 01489 784633 or Kath Rau 023 8026 5426.

Mencap The voice of Learning Disability

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