

# News flash

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## GARDENING CLUB

The Gardening Club for adults with learning disabilities started at the beginning of July. The Club meets on Monday afternoon and Saturday morning. We have six members who attend regularly so far but there are places for two more enthusiasts and occasional visitors. Call Michelle to find out more.

“Great news, we are now fully fledged members of West End Allotments. I was given our membership card and a large envelope with lots of seeds.



There was an Allotment Vegetable Competition today but it was too short notice for us. But there will be another one in October for the largest marrow and pumpkin. So we will aim to produce a large marrow to enter.

So far we have planted some turnips, carrots, radish and leeks. We are looking to harvesting early second/main crop potatoes soon.”

*Maria, Gardening Club Co-ordinator*

## DREAMERS GROUP



The Dreamers are a young peoples' group which has a residency at The Berry Theatre. They meet one day a week during project time, they play games and do creative activities. They talk about their issues and use this discussion to put together short productions that can be shown to others.

We are now looking for new members to join us in the autumn to help us create a piece of drama to show in schools and colleges. People should be between 18-30 years old, have a learning disability or have been unemployed for more than 3 months and must live in our area.

This project is particularly good for people who spend too much time at home, it is a good way of getting out, making friends, participating and having fun. Call now if you want to know more. No interest in drama is required, in fact many in the group say they previously hated drama! Call Michelle or email and leave your name and number if you want to join.

# Planning for the Future

## Royal MENCAP Information workshops

Wednesday September 18 12:30 to 14:30

If someone in your family or someone you care for has a learning disability, you can take steps now to ensure their finances are well looked after when you are no longer around. Call Gina Collins 020 7696 6925 to book your place.

## *Flagship Art*

This starts at the beginning of September and will run on Thursdays in the centre of Eastleigh. It is for people who are really serious about their art, want to learn more and improve their skills. There will be teaching, a chance to experiment with new techniques and trips out. Call Michelle.

## Competition for budding Sailors/Canoeists

The Mayor of Eastleigh has donated two free adult tickets to the Southampton Boat Show for an EBR MENCAP member.



To enter the competition, send us a picture or a few words about why you are interested in sailing, power-boating, canoeing, the sea or rivers. Entrants will be judged on Sept 1 and the tickets dispatched by post to the winner. At least one person who attends the boat show using these tickets must be a person with a learning disability.

## CHEQUE HAND OVER



Amanda Smith from Breast Cancer UK hands out Certificates to all our Community Impact Project Organisers

The young people who organised the SWAP SHOP for Breast Cancer UK were invited by the Mayor of Eastleigh, Councillor Malcolm Cross to the Mayor's Parlour for the cheque hand-over.

Amanda Smith from Breast Cancer UK accepted the cheque from Matthew Cole and gave all organisers Certificates to honour their effort.

## HEALTH WALKS

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

**August 24 – Mansbridge at White Swan pub**

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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