

News flash

JULY 2013

Issue No 60



Looking back and looking forward

We have had a fabulous summer so far, with the BBQ, Hedge End Carnival and the SWAP SHOP on consecutive weekends. We hope that you were able to join us on one of these occasions. Don't miss news of new projects on the next page!

We had perfect weather for our BBQ as well as great food cooked and served by our Committee. A whole group of people travelled by train from Eastleigh with Michelle and returned the same way in the mid afternoon. We completed a Health walk around Royal Victoria Country Park led by Kath Rau, before enjoying the barbecued food. It was a day of high spirits and people really enjoyed themselves.



The Hedge End Carnival on July 6 was the first time we had been there and we did it in style: with The Dreamers, our young peoples' group walking in the procession and performing some street theatre at the Showground. The Committee also had a stall and we met lots of lovely people and raised some funds through a Tombola and Lucky Dip.



The INSPIRE ME SWAP SHOP took place on July 13 at the Holy Cross Catholic Church Resources Centre. We were very honoured to have the Mayor of Eastleigh, Councillor Malcolm Cross and his wife with us for the morning. The SWAP SHOP was organised by young people with learning disabilities and was to raise funds for Breast Cancer UK.



The event raised over £147 for Breast Cancer UK and 100 items were swapped on the day. There were some real bargains and many people went home very happy with their “new” items.

Congratulations to all members of the organising team for a really successful event. They worked very hard to ensure it was a success.

NEW PROJECTS:



GARDENING CLUB

We have started a Gardening Club for adults with learning disabilities. The Club meets on Monday afternoon and Saturday morning. Places are limited so do not delay if you want to join. Call Michelle to find out more.

DREAMERS GROUP



This is our young peoples’ group which has a residency at The Berry Theatre. 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. Call now!

Is Art your thing? – come to **Flagship Art**

A new project in the autumn for people who are really serious about their art, want to learn more and improve their skills. This is a 20 week course for only ten people, there will be teaching sessions, home-work and visits to workshops and galleries. Call Michelle

HEALTH WALKS

EBR Mencap Society’s Walking Group are on mostly flat ground, they are about 2 miles long and do not include any stiles. The walks take about one hour and all are welcome.

July 27 – Royal Victoria Country Park

August 10 – Holly Hill – car park on Barnes Lane

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

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