

News flash

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INSPIRE ME

A PROJECT FOR YOUNG PEOPLE

This is a new project for people between the ages of 18 and 25. It is the project for which Royal MENCAP and the Co-op were raising funds all last year. You might have donated to it yourself, if you shop in the Co-op. Together with Royal MENCAP we are running three workshops for young people with learning disabilities. Workshops are free and priority for places will be given to EBR MENCAP members.

Workshop themes are:

- Confidence building**
- Managing your money**
- Citizenship**

Any young person with a learning disability living in our area can apply for a place on any one of these workshops. There will be games, activities and training in each workshop and a chance to meet new people.

Call Michelle to find out more or to book your place. 023 8048 3471

SKITTLES EVENING

You are all invited to our Skittles Evening in support of
The Chill Out Club.

Monday March 19, 7.00-9.00pm at The Irish Club,
8-10 Southampton Road, opposite the station. Car parking at LIDL



Skittles, raffle, picture quiz and great food

(Jacket potatoes with chilli, beans or cheese, salad & dessert)

Tickets £8 per person, £7 for Chill Out Club members.

(Concessions available for support workers – please ask)

Places can be booked by calling Michelle on 023 8048 3471



SAFE PLACES MAKING PROGRESS...

The Active Citizens Group and I have had a very busy couple of months identifying good SAFE PLACES in Eastleigh town centre. We have also told different people about the scheme. We even had a photo shoot at The Point - so look out for the next edition of The Eastleigh Borough News.

At the end of January our Coffee Morning and raised £212 which means we can get maps printed showing where all the SAFE PLACES will be. Thank you to all of you who came along or helped – we had a really fun morning. The Mayor and Councillor Dowden joined us to show their support for our scheme. Thank you to everyone who baked, donated prizes or bric-a-brac and helped with washing up!

Safer Places Scheme needs YOUR HELP



Now we are very pleased to announce the official launch date for the Eastleigh Scheme on Tuesday 24th April at 11am at The Point in Eastleigh.

We hope that lots of you will be able to come along, collect your card and join in the fun – more details next newsletter. In the meantime **we need you to help us**. We want to have SAFE PLACES all over the borough - near to the places that you like to go. So please let us know of places that you think would make a good SAFE PLACE - so that we can investigate.

I need help

My name is

Please call

Please call

Hampshire County Council

The Active Citizens have made a list of what makes a good or bad SAFE PLACE and have done some Mystery Shopping visits to check out their short list. If you know somewhere that has helpful, easily identified staff (there must be more than one on the shop floor), access to a phone, perhaps somewhere to sit, and which is easily accessible, then please let us know soon - as we hope to launch the scheme in other areas of the borough by the summer.

Oh yes and if you visit Bitterne, Shirley, Portswood or Basingstoke keep your eyes open for the Safe Places stickers - as you can already use the cards there.

Pauline Spiers

Eastleigh Safer Places Scheme co-ordinator



MENCAP Health Walks

February 25 – Manor Farm Country park walk – meet at QE2 Centre car park
March 10 - Weston Shore, meet in the car park on the bend as approach sea front
March 24 - Itchen Valley Country Park, Allington Lane

The MENCAP Walking Group meets on alternate Saturday mornings throughout the year. They are a friendly group who like walking in the countryside and on the beach. Their walks start at 11.00am and last for approximately one hour. All the walks are lead by a trained Walk Leader and the walks are chosen because they have no stiles and are on fairly flat ground. We usually meet in a car park where there are facilities nearby.

N.B. If the weather has been wet or is doubtful on the day, please call Kath 023 8026 5426 or Helga 01489 784633 to make sure the walk is going ahead. Very occasionally we do have to cancel a walk.

Mencap The voice of Learning Disability

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