

News flash

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Issue No 48



**YOU ARE
INVITED TO**



THE ACTIVE CITIZENS' COFFEE MORNING

**Tuesday, January 31
10.30am to noon**

The Masonic Hall in Eastleigh (opposite The Point)

The Active Citizens Group are hosting a Coffee morning to raise funds for the Safer Places Scheme in Eastleigh and to tell people more about the scheme, which will be launched this spring.

There will be tea or coffee and home-made cake for £1, also stalls and a raffle. Please come and bring your friends, we would be very pleased to see you and to talk to you about the Safer Places Scheme.

ROYAL MENCAP SURVEY

At the moment the government is asking people what could make life better for disabled people. They have written down some ideas for a strategy but want disabled people, and the people in their lives to tell them whether these are the right things to do, or whether there are other things that are more important. Once the government has heard people's ideas they will write a plan of things they will do, to change things for the better.

Royal Mencap will be telling the government what people with a learning disability, their friends, family and carers think needs to change. We want to hear from you so we can share these ideas with the government.

If you are someone with a learning disability: please tell us what you think by answering our survey for people with a learning disability. You get into the survey by double clicking on the underlined link below.

<http://www.surveymonkey.com/s/disabilitystrategypeoplewithalearningdisability>

If you are a parent, carer or friend of someone with a learning disability, please tell us what you think by answering our parent carers and friends survey below.

<http://www.surveymonkey.com/s/disabilitystrategyparentscarersfriends>

Royal Mencap will use the answers you give us in these surveys to tell everyone what is important to people with learning disabilities and their families. We will keep your details secure and confidential and will make sure we don't use your name or any other details that tell people who you are in any reports or research.

For further information please contact Colin Young on colin.young@mencap.org.uk.

ACTIVE CITIZENS and SAINTS SUPPORTERS!



This month the Active Citizens Group visited St Mary's Stadium to learn more about the history of our local Football team and to see where all the action takes place. They also met with a representative from the Saints Foundation which provides a wide range of sporting activities for different sections of our community. The Active Citizens also talked to members of the Foundation about their current interest in the Safer Places Scheme for Eastleigh Borough.



MENCAP Health Walks



January 28 – Weston Shore, start at car park near Pitch Putt where there are toilets.

February 11 – Mansbridge, start at The White Swan car park,

February 25 – Manor Farm Country park walk – meet at QE2 Centre car park

The MENCAP Walking Group meets in 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

REGISTERED CHARITY NUMBER 263620

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