

News flash

APRIL 2018

Issue No 115



DON'T MENTION THE SPRING

I have been predicting Spring since late January and have been resolutely proved wrong, as winter rolls back every few weeks in the shape of the “beast from the East”. We have never had to cancel or postpone so many events, both Active Citizens and the Chill Out Club have been cancelled twice. The Chill Out Club Skittles party is now re-scheduled for April 9.



CARNIVAL PROJECT 2018

We will be entering the West End Carnival again this year. We are working with a professional Carnival Company, Sunshine International Arts from Brixton in London. Ray Mahabir who has 35 years of Carnival experience working in Trinidad, Notting Hill,

Liverpool and the 2012 Olympics will be leading our group in producing their costumes.

You are invited to join us! You must be able to attend workshops in West End on the following Thursdays: **May 10, 17, 24, June 7 and 14**, as well as walking with us in the Carnival Parade on **Saturday June 16**. Workshop sessions are from 10.00 to 14.30 and cost only £5 per workshop. There are limited places in this project but people who join will have the chance to produce their own sensational costume. **Call 023 8048 3471** to leave your name and tel no if you are interested.

QUIZ & CURRY NIGHT

Tuesday 7.30 pm to late, April 24 2018

The CONCORDE CLUB – is your quiz team ready?

For non-Concorde Club members the price is £12 including your curry. Maximum of six people per team. Grand Raffle too! This is a fundraising event for the society as well as being a great night out.

Book your tickets at <https://www.theconcordeclub.com/events/quiz-and-curry-april-2018/>

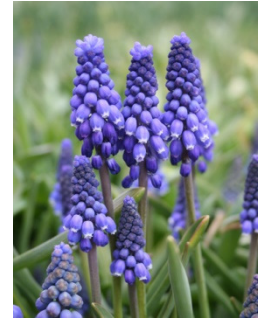
Gardening Club –Allotment News

It's been a slow start to the season with all the cold, snowy weather. This puts us behind with planting out our onion sets and first early potatoes but as with all things that grow on the allotment, they will eventually catch up - good weather permitting, of course.

On March 17 it was bitterly cold but Will, Rebecca, Vicki and Stevan were brave enough to come and work on the allotment. I think they deserve a big pat on back. Not forgetting Terry and John.

Work is progressing on our second allotment now with the patio area and footpath marked out. Hopefully progress will be fast and smooth.

Maria, Gardening Co-ordinator



ART AT THE HEART – Access Forum

Following our trip to the NST City Theatre we were invited to attend the Art at the Heart Forum and give our opinions about the accessibility of art venues and events to representatives from the Nuffield, City Eye, John Hansard Gallery and the Turner Sims Concert Hall. Two members attended and gave their views. Thanks to Kristen and Abbie for their contributions.

Southampton Half Marathon: SUNDAY - APRIL 22 2018

Our Vice Chair, Terry Wheeler (father of Will) is running the Southampton Half Marathon with son Harry and his friend Duarte on Sunday April 22 to support the society.



Please think of sponsoring them. Or if you might like to come along to one of the stages on the run to see the event and shout encouragement to our runners. Riverside Park in Bitterne Park is always a good site as the route skirts around the park and you can have two or more chances to see them if you are a quick mover! Otherwise the start/finish is a great place to be.

<https://localgiving.org/fundraising/terryharryduarte-ebrmencap/>

TRANSPORT FORUM

We attended the Adults Health & Care organised Transport Forum specifically looking at issues for people with learning disabilities. This was held at Wells Place on Friday March 23.

Topics presented were customer service training on Uni-link and Bluestar buses as well as the use of Concessionary bus passes and companion passes. No changes to the bus passes were proposed and most of the information presented was known to regular bus users and to holders of a concessionary bus pass.

YOUR HEALTH

Weight watchers – what is your experience?

Weight Watchers are currently the service that Hampshire County Council commission to provide free weight loss support for those with a BMI over 30. The Strategic Health Facilitators are starting a project about how to make Weight Watchers (WW) more accessible for people with learning disabilities.

The project will include the WW coaches having learning disability awareness training and the materials they use being in easy read format.

The Facilitators want to know if there is demand for WW meetings to be held in places that people with learning disabilities may find more supportive such as day services. Also to find out if there are any service users who have had experience of using WW and how it was for them. Equally if anyone has wanted to attend WW but has not and why this was? This information could be really useful in making sure people can access the WW service.

Replies please to amy.george@southernhealth.nhs.uk

Amy George, Strategic Health Facilitator, Southern Health NHS Foundation Trust

ANNUAL HEALTH CHECKS – info available!

An Annual Health check is available and recommended for anyone who has a learning disability. All the GP surgeries in our area have agreed to offer annual Health checks. GPs are paid to provide them.

If you would like information about what the Annual Health Check should include, there are leaflets to answer your questions. We can send you these leaflets by email if you send us an email requesting them.

ebr.mencap@ntlworld.com



Grantham Green

You will remember that there was a mass bulb planting exercise at Grantham Green last November.

The results of this effort are now showing. The daffodils are in the foreground with the crocus just visible behind. Why not visit the site to admire the flowers?

(Thanks to Mark Ellison for the use of his photo)

SOCIETY DIARY DATES

April 9 Chill Out Club Skittles Party. MEMBERS ONLY

April 13 and 27 – Grantham Green Growers meet at GG 10.00-12noon

April 24 – Tuesday evening -The Concorde Club Quiz Night & Curry.

Tickets can be booked from The Concorde Club website.

<https://www.theconcordeclub.com/events/quiz-and-curry-april-2018/>

May 11 & 25 – Grantham Green Growers meet at GG 10.00-12noon

June 9 – Saturday, **Summer BBQ** at Royal Victoria Country Park, Netley

June 16 – Saturday – **West End Carnival**. The theme for this year's Carnival is "The Music of the 60s, 70s and 80s. Call if you want to join us.



British Inclusive Skating Championships April 3rd to 7th, Braehead Glasgow 2018 **GOOD LUCK REBECCA!**

We are wishing Rebecca the very best of luck for April 3 when she will be performing in the British Inclusive Skating Championships in Glasgow. We will be thinking of you.

Please call the office and leave your name and number if you have any questions about these events or anything else. We will always call you back.

REGISTERED CHARITY NUMBER 263620

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