

News flash

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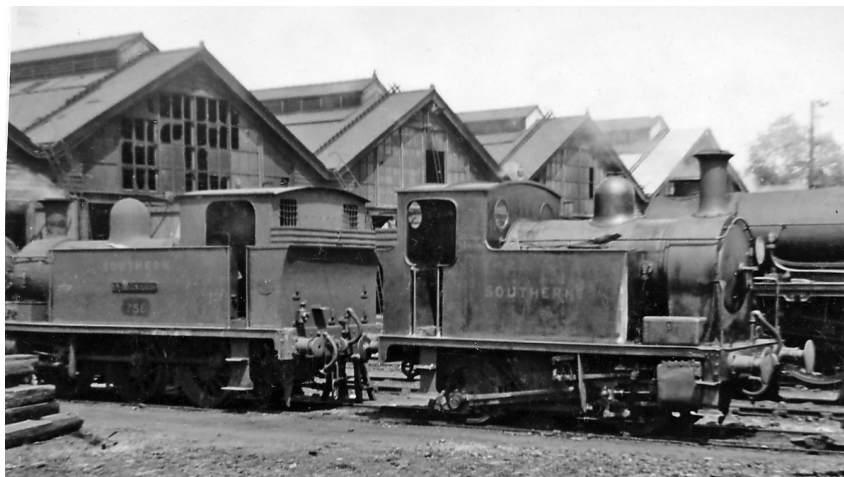


BACK TO THE ROUTINE!

We are all back into our usual routines now, with our clubs up and running again. See the Diary of Events for the things your society is doing in the next few months. We are looking forward to seeing you all.

We also have a list of the Mayor of Eastleigh's Appeal events in case you wish to support and participate in these events.

VISIT TO EASTLEIGH RAILWAY WORKS SATURDAY MORNING - APRIL 27 2019



We are delighted to be able to offer a visit to Eastleigh Railway WORKS in support of the Mayor of Eastleigh's Charities Appeal. This offer is only for EBR MENCAP members. Cost £7.50 per person. Essential support can also attend for the same price.

Anyone interested in the railway and local history should make this a firm booking, it is rare that visits are offered and the people who lead the tours are knowledgeable and enthusiastic. We will have the chance to see the Canadian Pacific steam engine which is being restored there.

Please make a booking with Michelle and pay your fee to book your place.

Calling all QUIZ lovers – join our teams on Feb 19!

Eastleigh Borough & Romsey MENCAP has its usual Quiz Fundraising night at The Concorde Club booked for May 28.

If you want to get in some practice, why not join in the Mayor of Eastleigh's Quiz at the Concorde Club on Feb 19? We hope to have two or three EBR MENCAP teams to compete and are looking for people to join us. Six people per team.

Contact Michelle if you would like to participate – cost £12 per person which includes a curry dinner on the night.

EASTLEIGH HOT SHOTS

THE BASKETBALL CLUB FOR ADULTS WITH LEARNING DISABILITIES

We are delighted to introduce Julia Tucker Blackford, our new coach at Eastleigh Hot Shots. Julia has been getting to know our members and is working on improving peoples' existing skills and teaching them new ones.



Her sessions are great fun, with a warm up, games, exercises and drills and a short highly competitive match at the end of the session. Our sessions provide a good work-out for members once a fortnight.

Our club members are very faithful and rarely miss a session but we would also welcome new members – beginners or improvers!

Julia has a long career in basketball, she started playing at school, joined an Under 19s England programme and played for a number of London Teams including London Towers and Barking & Dagenham Team. She played for England Women at the age of 25.



She has been coaching for over 30 years and has experience at various levels – Regional South Ladies team and the London League. She now also assists with Team Solent Kestrels and has two daughters, both playing in National League and South Regional teams.

We have been running the basketball club since 2014 when the Council's financial support was withdrawn.

**Sessions last for one hour,
take place once a fortnight,
in Fair Oak
on Saturday morning.
The cost is £3.50 per session.**

Contact Michelle if you would like to try a session of basketball. Leave your name and phone number on our office voice mail.
(023 8048 3471)





VOTE FOR US!

Waitrose Green tokens in Romsey

We have been chosen as one of the three charities selected for support by the partners in the Waitrose Romsey Store. If you are in Romsey and shopping at Waitrose please vote for us.

These community contributions are vital to us to keep our clubs running. None of our clubs are fully self supporting so we need additional cash to be able to run them.

HAMPSHIRE LEARNING DISABILITY PLAN REVIEW FOR ADULTS 2018

Friday November 28 2018

The Plan was launched at Wells Place Sanctuary at the end of last year. If you have not seen a copy of the Plan, you can request a hard copy from Adult Services. It makes a good read and should be widely available – along with the LD Charter which we supplied with this newsletter last year.

St James's Church Christmas Tree Festival FLAGSHIP ART CLUB members' 1950s Christmas Tree!



1950's Make do and mend Christmas Tree decorations

The Flagship Art Club members worked hard throughout November thinking about the "1950's Christmas" theme they had chosen. They used old sheet music books to supply material for the "Make do and mend" idea, making mouse ladders and linked paper chains. The result was beautiful! The trees in the festival were in the church over a weekend in early December for the public to admire.

SOCIETY DIARY DATES

February 2, 2019 Sat 11.00am – 12.30pm **Gardening Club** Final Winter Meet.

March, 1, 2019 -, first Grantham Green Growers Meeting 10.00- 12.00 at Grantham Green. (Then March 15 and 29)

March 11, 2019 - First Monday Gardening Club meeting- start of season

March 16, 2019 - First Saturday Gardening Club meeting

April 2, 2019 – COFFEE MORNING for the Mayor of Eastleigh's Appeal organised by our ACTIVE CITIZENS group. This event includes the **Flagship Art Club** Annual Exhibition. More details to follow.

April 27 2019 - OPEN DAY at Eastleigh Railway Works for EBR MENCAP members only, in aid of the Mayor of Eastleigh's Appeal.

May 28 2019 – The Concorde Club Quiz for EBR MENCAP Society, this is OUR annual hugely successful fundraising night – we hope you and your family, colleagues and friends will come along to support us!

The Mayor of Eastleigh's Appeal

The Mayor of Eastleigh Fundraising Appeal has a calendar of exciting events which we can enjoy.

- Blue Butterfly Dance at the Point on the evenings of Feb 9 and 10.
- Quiz at the Concorde Club – Feb 19. £12 includes curry
- Eastleigh Fusion Choir at All Saints Church - Saturday Mar 9. 7.00pm. £5
- The Mayor of Eastleigh's Charity Dinner at Botley Park Hotel - March 22.

New members

If you have enjoyed this newsletter or any of our services and want to join us, please contact Michelle on the office number or ask her about membership. There are real advantages to being an Eastleigh Borough & Romsey MENCAP member.



Please call the office and leave your name and number if you have any questions about our events or anything else. We will always call you back. Our Office number : 023 8048 3471

REGISTERED CHARITY NUMBER 263620

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