

News flash

APRIL 2020

Issue No 139



STRANGE TIMES

Normally I would be wishing you a Happy Easter and worrying about nothing more important than the supply of Easter Eggs and the times of Easter events. This year we have a great deal more to think about.

All our services are closed now until the end of April when we will review the health of our community. We will be in touch as soon as we can make the decision to re-open.

Our office is still staffed and you can call on the office number, leave your name and number if it is not answered at once. Our email is still active and you can send a message and expect a response the same day. I am not going anywhere!

It is hard for all of us to stay in. We have always encouraged everyone to go out and do things, to be active and participate, for now our message is to be active and participate at home.

The ACTIVE CITIZENS made a list of Stuff to Do at home, when they last met on March 17. This can be viewed on our website and there is something for everyone. www.ebrmencap.org.uk

Our friend, Bill, was inspired to decorate the driveway of his home with this cheerful message for his neighbourhood! Thanks to Bill for letting us share it with you all.



Here is one suggestion! Community Art Open Competition - Anyone can enter.



My house, my garden.

Entries on a postcard (15 cm x 10cm), in any medium: paint, pastels, colouring pencils, chalk, collage. You can show what you do in your house or garden, how your house or garden looks, how you feel about these spaces or it may be a complete fantasy. We are just looking for brilliant original artwork, all postcards submitted will be displayed at the Flagship Art Exhibition in the autumn. Prizes will be awarded.

RETIRING

I am sure you all know that I am retiring as Development Officer and this role is going to be filled by Gina Henderson, with a new job title – Operations Manager. We are pleased to welcome her to the society.

Michelle

INTRODUCING GINA

Hello, my name is Gina Henderson and I am the new Operations Manager for Eastleigh Borough and Romsey Mencap. I am so pleased that I was able to meet some of you at the Flagship Art Club and the Chill Out Club recently, you all made me feel very welcomed and it was a great way to start my new job.



I live in Winchester with my husband and my children, who are 5 and 1. We also have a black cat called Missy. Before I started working with Eastleigh Borough and Romsey Mencap, I worked at Countess Mountbatten Hospice in West End for 9 years. I have also worked for the British Red Cross and Marwell Zoo.

I am looking forward to meeting everyone and getting to know you all when we are allowed to meet together again in groups. While we are all apart, I will still be working to make sure we are ready for you all to return to the groups and clubs when they are open again. I will be working on new fundraising ideas too and ways that we can all stay in touch while we are not allowed to be together in person.

Until I am able to meet with you all again, I am setting up my contact telephone number and email address, so that you can get in touch with me when you need to and we will share this with you very soon.

EASTLEIGH BOROUGH & ROMSEY MENCAP PEOPLE WORDSEARCH

(Committee, staff and club volunteers)

Gina
Pauline
Stephen
Terry
Ashley
Alan

Janice
Matthew
Abbie
Ben
Hayden
John

Wendy
Michelle
Eric
Stevan
Henry
Jacqui

Maria
Elaine
Heather
Beverley
Megan

Names can be read backwards, diagonally, up or down

F	W	R	E	H	T	A	E	H	Z	X	N	H
Y	T	Q	Z	Y	E	Y	I	W	G	E	J	M
V	E	S	M	W	R	R	B	I	D	D	A	A
K	L	L	X	I	I	N	B	Y	F	T	N	R
S	W	N	H	N	C	E	A	P	T	F	I	I
Q	E	A	T	S	X	H	P	H	Q	L	C	A
B	N	G	I	N	A	N	E	Y	D	N	E	W
E	I	E	Q	A	F	W	R	L	A	W	F	I
N	L	M	K	V	X	R	W	T	L	R	Y	U
I	U	Y	W	E	E	Y	T	Y	A	E	J	Q
A	A	Z	S	T	E	P	H	E	N	L	N	C
L	P	O	X	S	V	Q	Z	J	P	S	K	A
E	Y	E	L	R	E	V	E	B	N	H	O	J

Send your completed entry with your name and address to our office – 56 Oak Tree Road, Southampton SO18 1PH or email to us. The first correct one out of the hat, wins a prize!

WHO IS THIS? COMPETITION

This is a photo of two of our members hiding their identities.



Do you know who these people are?

Answers by letter or email to our office – There is a prize for the first correct answer pulled out of the hat.

(Anyone who was present at this site on the day the photo was taken is not allowed to enter. You know who you are!)

PILATES



It is important to get some gently exercise – 15 minutes of guided Pilates each day can be found on Facebook.

<https://www.facebook.com/thejoyfulmovementlife/>

MORE ACTIVITIES

Connect to Support has a great section called **Boredom Busters** with an extensive list of creative activities. Take a look!

<https://www.connecttosupporthampshire.org.uk/s4s/WhereILive/Council?pagelid=3491>

SOCIETY DIARY EVENTS

April 30 Thursday – Review of community health. Decision whether to re-open some services.

Give us a call if you have any queries. 023 8048 3471



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