

News flash

JUNE 2020

Issue No 141



Important Changes for Us All

There was some very good news in the latest update from the Prime Minister this week, when he told us that we will be able to meet our friends and relatives outside, from Monday 1st June. We all have to remember to stay 2-metres apart from each other and keep washing our hands, but if we can remember to do those things, we will be allowed to meet with as many as 5 other people and sit in the park or a garden together. The weather has been so good, it will be nice to enjoy some of the sunshine with friends too.



We are not able to meet in our usual groups again yet, the Prime Minister and his team still want the number of people who are unwell to be much lower before that can happen. We will keep planning for the time when we are allowed to meet again. We all hope that will be soon.

You can still call Michelle if you need to talk, or email Michelle or Gina if you want to use email. We are always happy to hear from you. Please take care and remember to keep washing your hands.

Getting Active Outdoors



It is good news that we can go outside to meet our friends, but have you also been going outside in the garden, an outside space close to home, or for a walk? Since the last Newsflash, the Prime Minister told us we are allowed out more than once a day. Now we can go out for longer walks more than once a day, to help us to stay active and healthy during the lockdown. Do you have a favourite place for a walk? We would love to hear how you have been enjoying your time outdoors!

With this extra exercise in mind we have designed a Scavenger Hunt for you to try - see Page 2.

Zoom Chats

If you would like to join in with any of the Zoom social chats, please email gina.rouse@ebrmencap.org.uk for the Zoom meeting number and secure password. If you would like some help setting up and getting access to Zoom please email Gina or Michelle.

The times for each Zoom chat are:



Gardening Club Monday 8th June 1pm

Chill Out Club - Group B Monday 8th June
7:30pm

Active Citizens Tuesday 9th June at 10am

Flagship Art Club Thursday 11th June 10am

Basketball Club Saturday 13th June 10am

Chill Out Club - Group A Monday 15th June
7:30pm

It will be wonderful to speak with you, if you can join us.



Scavenger Hunt Competition

Have some fun on one of your walks during the month of June and you could win a prize by finding the things on the scavenger hunt list:



1. 2 butterflies
2. A Robin
3. 5 blue cars
4. A Rose growing in a garden or a park
5. 3 Clouds
6. A wooden bench
7. A bridge that you walk over or under (over or under a road, a river, the railway or a path, for example)
8. A spiders' web
9. 4 tall trees
10. A bee



Cross the items off your list as you find them. Try to get all ten.

To win a prize, send us your completed list with details of where you walked. First entry out of our hat will win a prize. Contact us by email or post, details at end of newsletter.

Here's a little poem to get you going:

*If you take a walk outside,
you just might win a prize*

*Find all the things on this list,
while you stretch your legs and test your wits*

*Just tick them off as you go,
and tell us where you took your stroll.*

Gina

SEASONAL FLOWERS WORDSEARCH

(These are flowering in Michelle's garden right now)

Daisy Buttercup Marigold Peony & Pansy
Poppy Honeysuckle Iris Chives
Foxglove Nigella Rose Nasturtium
Aquilegia Diascia Geum Allium

Names can be read across, backwards, diagonally, up or down.

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

No prize this time – do it for fun please.

WHAT YOU HAVE BEEN DOING.

We asked you how you were keeping busy. Here are three examples from our members of what they have done in the lockdown.



Kath has made this beautiful heart.

Bill made a banner to display during the final Clap for Carers night.



Stevan has been busy with jigsaw and model making but most impressive of all, is his Battenburg cake!

QUIZZING AROUND

Cliff Spiers has been keeping many of us mentally active by setting a Quiz each Friday night. There is a different link each week, anyone who would like to participate should just request the link from Michelle. This week grateful quiz players donated £270 to the society. Many thanks to Cliff and friends!

OUR CONTACT DETAILS:

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