

EBR MENCAP NEWS

Autumn 2024 Number 165
Registered Charity No: 263620

MEETING

We would love to see as many of you as possible at our
**EBR MENCAP
ANNUAL GENERAL MEETING**
to share our triumphs and achievements during the past year!

On Thursday 28th November at
7.00 pm
Fleming Park Bowling Club
Kornwestheim Way,
off Passfield Avenue,
Eastleigh
SO50 9NL

Then join us for an evening of games and music.

Licensed bar available

Further information ,including how to book your place(s) and pre-order pizza, has been sent separately to everyone!

If you haven't, please get in touch with Lisa on

lisa.warren@ebrmencap.org.uk

MEMBERSHIP TIME!

Look out for our emails that have been sent for you to renew or start a membership of EBR Mencap. It is a really valued way to support EBRM and help it to continue doing everything it can to support local adults.



Our Christmas Party
is booked for
**TUESDAY
17TH DECEMBER
2024**

at
Fleming Park
Bowling Club. More
details to follow!

www.ebrmencap.org.uk/

Find us on facebook too...facebook.com/ebrmencap/

CLUB NEWS

There are lots of clubs to enjoy. Get in touch to try a new club! Please contact lisa.warren@ebrmencap.org.uk for an enrolment form before joining any new clubs please.

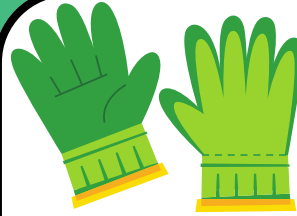
ACTIVE CITIZENS

This group has been involved in a natural sustainable dyeing project and have been experimenting with creating colours and dyeing fabrics. This work will be showcased at God's House Tower in 2025. A big thank you to Lizzie and Abeer who led this work.



DANCE CLUB

The group continues to meet every Wednesday to enjoy using dance to get fit, have fun and bust some moves!



GARDENING CLUB

The club continues to enjoy growing a range of vegetables in the allotments! Despite the weather at times, everyone enjoys the chance to work as a team and create a fantastic space.



WEDNESDAY CLUB

Calling all Wednesday Club members!

Our theme for 6th November is Halloween! Slightly late, we know, but any excuse to dress up! There'll be games, raffle, music, biscuit decorating, and the food this month is jacket potatoes with a choice of fillings.

Usual time and place: 7-9pm at Pavilion on the Park, £7 entry fee.

BASKETBALL IS BACK

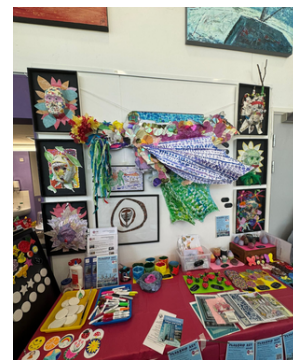


Basketball continues to be a popular team sport for our members. High energy and a lot of fun too! The last session will be December 15th and will then resume in the New Year

FLAGSHIP ART

It has been a very busy summer for Flagship Art group getting ready for the Hampshire Open Studios event in August. We displayed a lot of the work the group has created, including our fire breathing dragon show piece. We received a lot of praise from visitors for the quality of the work displayed, and attracted some potential new volunteers, some donations of fabric, paper and card, and money.

We started to look at Pop Art styles in September - looking at the colours and designs used by different artists, moving on to creating our own pictures in that style.



CHILL OUT CLUB BOWLING NIGHT

We were delighted to have our Chill Out Club Bowling on Monday 28th October at Hollywood Bowl.

It was a great night to enjoy together in the VIP lounge too! Everyone played and cheered each other on and there were some very close competitions between people too!

Who were the Bowling Champions on the night? Big shout out to our game winners - Simon, Katherine, Jake, Mark, Matthew, Leanne and Claire! The overall champion with the highest score for the night was Jake - amazing achievement so along with his certificate, he got a trophy and two free tickets for a new game of his choice in the future!

A big thank you to everyone who came and enjoyed the night with us. A special thank you to Elaine, Janice and Steve who supported it alongside the club leader - Lisa.

