

# EBR MENCAP NEWS

Spring 2025 Number 166  
Registered Charity No: 263620

# 2025

It does not feel so long ago that we were having our Christmas Party and now we are 2 months into 2025 already!

It was an exciting 2024 but we look forward to an even better 2025 - thanks to all of you for helping to shape what we do and support you in the best way we can.

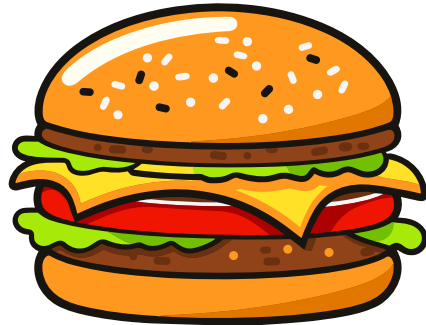
If you want to support EBRM, a really valued way to do this is to set up a regular donation through our JustGiving Page.

In this way, you can help us to continue doing everything we can to support local adults.

Please contact [lisa.warren@ebrmencap.org.uk](mailto:lisa.warren@ebrmencap.org.uk) to find out more!

Here's to a great 2025 for us all!

## BBQ TIME!



We all look forward to summer days and lighter evenings so you will be pleased to know that the date of our Annual EBRM BBQ has been booked for Saturday 5th July 2025.

It will be at the Laurel BBQ Pitch at Royal Victoria Country Park.

**SO SAVE THE DATE ,  
BOOK THE  
SUNSHINE AND  
COME ALONG TO A  
WONDERFUL TIME  
OF FUN, FOOD AND  
FRIENDSHIP**

# CLUB NEWS

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

## ACTIVE CITIZENS

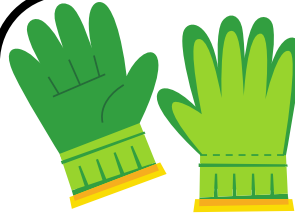
The Active Citizens group recently had a great day out at Sea City Museum in Southampton. They discovered more about the Titanic Story and also explored the exhibits as well as finishing it off with a drink and cake in the cafe of course!

This group has also 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 March 2025.



## DANCE CLUB

The group continues to meet every Wednesday to enjoy using dance to get fit, have fun and bust some moves! Why not come and join us?



## GARDENING CLUB

The Gardening Club won the award for Best Kept Allotment in 2024, presented by the West End Allotment Committee. It was a great achievement and acknowledged all the hard work and great results that they had achieved throughout the season. Well done everyone!

We are hoping to start Gardening Club at the allotments in West End on Saturday, March 1st from 10am to 1pm. We have had 3 indoor meetings during the winter, the last indoor meeting we had a visit from Lizzie who has been working with the Active Citizens Group about making natural dyes from plants and using the dyes on different materials. We are going to try and grow plants that Lizzie can use to make dyes for future projects.



## CHILL OUT CLUB

After the fun of our Christmas party, it was lovely to see everyone again. We are now getting ready for our upcoming Bowling Night Out. Who will be the champion this time? Can't wait to see! We have also had new people joining us so lots of ways to meet up and chat in a local friendly pub!



friends

## BASKETBALL IS BACK

After the Christmas break, we started back on Sunday, January 12th at Thornden School. It was great to get back exercising again. Mike, our coach, keeps coming up with different games during training sessions which tests the members physically and mentally. We always finish with a competitive match with everyone trying to score the winning games. Why not be part of this club?



## FLAGSHIP ART

Flagship Art continue to meet every Thursday and always welcome new members. Recently, they welcomed new members - Krystyna and Kher to the group.

To support the Wednesday Club with their cowboy theme, the group used all their creative talents to create a cowboy - ready for a game! It was as tall as Billy and involved everyone working together. A big thankyou for this amazing resource!

Flagship Art will be having an exhibition of their work at the D@rt Centre, Wildern School in June. SO look out for more information coming soon and save the date to enjoy and celebrate amazing art together.



## WALKING GROUP



We had 2 weeks off for Christmas and started Walking Group again on Friday, January 3rd from the Blackbird Cafe at 10am.

At this time on our walk, we are trying to name over 50 place names of Countries, Capitals and Towns beginning with a different letter each week before we get back to the cafe. We doing really well, some great place names coming up and of course we finish with drinks and snacks at the cafe.

A great way to enjoy the outdoors and make friends too!

## WEDNESDAY CLUB

We had a great time at our cowboy themed Wednesday Club this month. Lots of fabulous costumes and some great dancing led by the leader of our dance club - Michelle.

Thanks to our friends at Flagship Art Club for the wonderful cowboy velcro ball game that was a real challenge!



**DO You want to find out more about what we do? Then email  
lisa.warren@ebrmencap.org.uk**

**DO you want to help us achieve more for people in our community then  
why not donate via our Just Giving page:**

**<https://donate.justgiving.com/charity/ebrmencap/donation-amount>**