

EBR MENCAP NEWS

SUMMER 2024: Number 164
Registered Charity No: 263620



EBR FUNDING NEWS

We are delighted to announce that we have been awarded a grant from the National Lottery for £18,930 which we will use to grow the membership, support the clubs, and look into how we can work more closely with other local organisations and charities. Richard Peck has worked tirelessly to raise money from grants to help Mencap continue to thrive and provide an important service for our community. Please continue to support our work by attending the clubs to make them sustainable for everyone.



We also have some very exciting news to share about the Flagship Art Club!

They are joining the Hampshire Open Studios event at the D@rt Centre at Wildern School in Hedge End. This is open 10am - 5pm 17th to 26th August.

They will have an exhibition of the work we have been doing over the last year. Visitors will have a chance to view our art, and maybe even buy a few bits and pieces. We will also have some clay discs for people to colour any time during the week when they visit our table.

They are offering a workshop in mask decorating on Tuesday 20th August as well as a workshop on Thursday 22nd August too. This workshop will use formed masks and glue sticks to decorate and is aimed at adults with learning disabilities but anyone is welcome.

You need to book for the workshops on the Dart centre website:
www.thedart.co.uk/events

Go to our website www.ebrmencap.org.uk/
Find and follow us on facebook too....facebook.com/ebrmencap/
Contact us via email to lisa.warren@ebrmencap.org.uk

CLUB NEWS

There are lots of clubs to enjoy and here is some recent news from each of them! Get in touch to try a new club by emailing lisa.warren@ebrmencap.org.uk for more details and to register.

FLAGSHIP ART

We have been busy organising exhibitions for our work at the Dart Centre in Hedge End. This is a very exciting chance to exhibit and showcase our work alongside other local artists and organisations.

The group meets Thursday mornings at the Hildene Centre in West End, and runs pretty much all year round including school holidays with the odd exception. Contact us for more information on dates for the club and if you would like to become part of this wonderful creative art club.



DANCE CLUB- COME AND JOIN IN!

The Dance Club have continued to bust their moves out and get fit at the same time! Michelle is a great teacher and every sessions makes you feel good from head to toe! So get involved and feel the benefit!

Join Michelle from 12pm-1pm at Blue Butterfly Studios every Wednesday.

Dance club also offers the opportunity to participate in performances at events throughout the year. Sign up today to dance, keep fit, make friends and have fun!



CHILL OUT CLUB

The Chill Out club continues to be enjoyed by over twenty people every fortnight! It is a great place to make friends, relax and enjoy a drink and chat in a friendly Eastleigh Pub.

We watched the Euro football games as they were playing and also welcomed the pub cat to sit and say hello too! A wonderful group to hang out with!



ACTIVE CITIZENS

Active Citizens meet in Eastleigh for 4 hours on Tuesdays. Active Citizens is a weekly group which focuses on learning disability issues within the local community. Michelle, the co-ordinator, plans activities and has recently been putting together an event calendar. It is a small, supportive group where people enjoy the friendly, fun environment. But we need your support to keep it going so if you are free on a Tuesday then get in touch! SO please contact..... lisa.warren@ebrmencap.org.uk



WALKING GROUP

The Walking Group now meets at the Blackbird Cafe in the Pavilion On The Park at 10am. They walk around the old golf course and come back to the cafe for drinks and snacks. During recent walks they have been having a pop quiz - choosing a different letter each week to name as many songs, bands or singers beginning with that letter. They have had 13 letters so far and have managed to name at least 50 songs, bands or singers which is a great effort from everyone.

A big thank you to Terry for organising this informal group where everyone gets the benefit of exercise, chatting and the fresh air! Not to mention the chance to enjoy a cuppa and some cake!



WEDNESDAY CLUB

Last month we enjoyed bingo and food prepared by our wonderful Thomas who loves to cook for us! Lots of fun in this lovely group of friendly people who also love to win at Bingo! A big thankyou to all our volunteers who give their time!

Why not join us on the first Wednesday of every month for a fun evening with friends? It is run from 7-9 pm and costs £7 at the Pavilion on the Park.



BASKETBALL

The last Basketball Club before the summer holidays was on July 21st.

Our coach Mike, created some new training exercises, which has proved a great test for the players.

One exercise involves trying to win a game of noughts and crosses - every time a player shoots a basket you can place a bib in the noughts and crosses square. Teams can also remove the other team's bibs to create a winning line.

After the summer holidays, we start again on September 8th. So get in touch if you would like to be part of our basketball team



GARDENING

The weather hasn't been kind to us this year! It has been too wet and cold for our crops.

We have managed to dig some potatoes, the runner/french beans are trying to grow and the tomato plants hiding in the polytunnel look as though they may produce.

All the weeds are growing very well too! Andrew, Will and Stevan are trying to keep us weed free in the raised beds while Vicki has been keeping the slabs clear. It's hard work. but great fun too.



MENCAP ANNUAL BBQ EVENT

The annual Mencap BBQ event went ahead on the 13th July and despite the rain, we had a great time. The cooked BBQ food was amazing and included tasty salads, as well as cake for a pudding . We were able to play some games before the rain decided to pour! But this did not dampen our spirits as we called our raffle and awarded prizes in exchange for soggy raffle tickets. A big thankyou to everyone who came but also all the wonderful volunteers who prepared for the event, cooked for us and made it such a fantastic day to enjoy!



Save
THE
Date

OUR CHRISTMAS PARTY ON
TUESDAY 17TH DECEMBER 2024 AT
FLEMING PARK BOWLING CLUB

OUR ANNUAL EBR MENCAP AGM
WILL BE ON THURSDAY 28 TH
NOVEMBER 2024 AT FLEMING PARK
BOWLING CLUB