

# EBR MENCAP

## SUMMER NEWS



### WELCOME

As we step into autumn, it's time to catch our breath - and reflect on the vibrant summer we've just enjoyed at EBR Mencap.

As always, a huge thank you to our amazing members and supporters – your energy, commitment, and kindness make everything we do possible. This edition may be arriving a little later than planned, but with summer packed full of activity - from lively Wednesday Club evenings and creative Flagship Art sessions to our sunny Summer BBQ - it's been a season to remember.



## CLUB NEWS

### CHILL OUT CLUB

Chill Out Club meet every other Monday in a friendly local pub. So far this year, we've welcomed more members, enjoyed drinks, music, and pool (including friendly tournaments!), and shared plenty of laughs. Looking ahead, we're planning a bowling night and enjoying the festive build-up to Christmas.



# CLUB NEWS CONT...

## ACTIVE CITIZENS

After a short summer break, Active Citizens returned in July, running every Tuesday from 10am - 2pm. We begin with a coffee catch-up in Eastleigh before heading out for the day's activities.

The group was originally set up to help members feel connected and engaged with the community. Over the coming months, we'll introduce monthly themed topics with guest visitors to spark conversation.

We'd also love to welcome new members – it's a friendly and supportive way to get more involved in the community!



## DANCE CLUB



Dance Club meets on Wednesdays from 12 - 1pm in central Eastleigh. With our fantastic instructor Michelle, members enjoy fun, fitness, and learning new steps. Our group even got to perform at the Eastleigh Community Showcase back in June.

The club is growing steadily, and there's still room for more members. There are also performance opportunities, with the next showcase at our annual Christmas party.





# CLUB NEWS CONT...

## WEDNESDAY CLUB

### JULY:

Our July Wednesday Club had a Spanish theme, perfectly fitting the sunny weather! Some members really “pushed the boat out” with their attire. We enjoyed a picture quiz on all things Spanish (though some of the questions were ambitious!) and a nail-biting game of bingo, with players waiting on that elusive final number.

### AUGUST:

Last month’s Wednesday Club featured a wicked picture quiz by Terry, challenging members to identify close-up photos of everyday items. A big thank you to Terry’s wife Michelle for treating us to meatballs and garlic bread – it was delicious!

Congratulations to Katherine and Andrew, winners of both the picture quiz and word search!

Keep an eye out for news of our September Club, which featured a Harry Potter theme!



## BASKETBALL CLUB

Two new members have joined, making friends and enjoying both training exercises and games. Sessions are full of fun and end with a competitive match. The club is on summer break, returning 7th September.



# CLUB NEWS CONT...



## FLAGSHIP ART

Members have been preparing for a September visit to the Russell-Cotes Museum and Gallery, exploring William Morris and Victorian décor.

In July, the group experimented with printing techniques – making stamps, stencils, and working with fabric.

Earlier in June, our Pop Art exhibition at the D@rt Centre received praise from both the school and the public.



## WALKING GROUP

The Walking Group continued throughout the winter in all weathers! Members play a weekly game thinking of films or TV shows beginning with a letter – recently tackling “F”.

Walks finish at the Blackbird Café, where everyone enjoys drinks and conversation.



## GARDENING CLUB

Back at the allotments since 1st March, members have grown tomatoes, potatoes, beetroot, runner beans, squash, pumpkin, onions, peppers, asparagus, rhubarb, and cape gooseberries, with pear and apple trees also producing fruit.

Gardening is about friendship too – breaks for drinks, snacks, and a chat are always enjoyed after hard work.





# EVENTS & SUMMER HIGHLIGHTS

## **SUMMER BBQ**



Our annual Summer BBQ in July at Royal Victoria Country Park was blessed with glorious sunshine. Guests enjoyed delicious food, games, and plenty of time to relax. A huge thank you to our volunteers, especially chef Terry and assistant chef Tom, who made the day a success.



## **MEET OUR NEW ADMINISTRATION MANAGER**



We're excited to welcome Clare Shaw to the EBR Mencap team as our new Administration Manager! Clare brings a wealth of experience, positive energy, and a genuine passion for connecting with people. In her first few weeks, she's been actively engaging with our members, staff, and volunteers, even joining our Flagship Art group on her birthday to create a beautiful print.

Clare's usual hours will be Mondays and Thursdays. If you have any questions or would like to get in touch with Clare, feel free to reach out to her directly at [clare.shaw@ebrmencap.org.uk](mailto:clare.shaw@ebrmencap.org.uk) or via our Contact Us page on the website.

Please join us in giving Clare a warm welcome to the EBR Mencap family!

# FUNDRAISING & SUPPORT



## **CHEERING ON OLIVER – BOURNEMOUTH HALF MARATHON**

Volunteer Oliver Kimber is running the Bournemouth Half Marathon in October to raise funds for the British Heart Foundation, in memory of his late uncle, and our friend, Stephen Saunders, who supported our Chill Out Club members and Wednesday Club members for several years, as well as volunteering at our social events.

Oliver supports members at Chill Out Club, Wednesday Club, and our BBQ, and we hope you'll join us in cheering him on! If you would like to sponsor Oliver, please visit [www.justgiving.com/page/oliver-kimber-1](http://www.justgiving.com/page/oliver-kimber-1)

## **CAR BOOT FUNDRAISING SUCCESS**

Committee members and volunteers, Janice and Elaine, recently raised £108 at the Brookfields Car Boot Sale in West End. Car boot sales are a fun, simple way to raise funds and meet new people – a great way to support EBR Mencap!

## **EASYFUNDRAISING – SUPPORT EBR MENCAP WHILE YOU SHOP**

We're excited to announce that EBR Mencap is now on easyfundraising! It's a simple way to support us at no extra cost whenever you shop online.

Here's how it works:

1. Sign up for free at [www.easyfundraising.org.uk/causes/eastleigh-mencap/](http://www.easyfundraising.org.uk/causes/eastleigh-mencap/)
2. Shop online at your favourite stores through the easyfundraising portal.
3. The retailer donates a percentage of your purchase to EBR Mencap.

It's an easy way to raise funds while doing your usual online shopping – every little really helps!

## **JUSTGIVING – ONGOING SUPPORT**

You can also continue to support us via JustGiving, whether it's a one-off donation or raising funds through your own sponsored challenges. Every contribution helps us deliver activities, clubs, and events for our members.

Donate or start fundraising at [www.justgiving.com/charity/ebrmencap](http://www.justgiving.com/charity/ebrmencap)

Thank you to everyone who has supported EBR Mencap so far – your generosity makes a huge difference!





# CURRY & QUIZ NIGHT

Join us for a fun evening of quiz, curry, and a raffle, supporting **Eastleigh Borough and Romsey Mencap**, a local charity helping people with learning disabilities live full, active lives.

## WHEN & WHERE

**Tuesday 4th November**

**7:00PM FOR 7:30PM START**

THE CONCORDE CLUB, STONEHAM LANE, EASTLEIGH, SO50 9HQ

Teams of up to 6 people (max) -  
or come along solo and we'll help you find a team!

TICKETS: £15 PER PERSON (INCLUDES CURRY)  
(VEGETARIAN & NON-CURRY OPTIONS AVAILABLE ON REQUEST)

**TO BOOK CALL 023 8061 3989**

Or visit [www.theconcordeclub.com](http://www.theconcordeclub.com)

# AND FINALLY

## **MINSTEAD TRUST – ONLINE FAMILY CARER COMMUNITY**

Minstead Trust offers a free online community for family carers of people with learning disabilities. It's a space to connect, share experiences, and find support.

Learn more here: [www.minsteadtrust.org.uk/online-family-carer-community](http://www.minsteadtrust.org.uk/online-family-carer-community)

## **LOOKING AHEAD / SAVE THE DATE**

### **Christmas Party & AGM**

This year, our Christmas Party will be held on **Friday 28<sup>th</sup> November** at Fleming Park Bowling Club.

We're combining the AGM with the party, keeping the formal part short, with entertainment from our very own Michelle Murdoch.

It promises to be a joyful evening of community, music, and celebration – don't miss it! (Booking details will be out soon!)

## **CLOSING NOTE**

It's been a busy and rewarding summer at EBR Mencap, and we're excited for autumn activities. Thank you again to all our members, volunteers, and supporters – who make this community vibrant and welcoming!

