

## Note from the Editor, Joanne Schofield

Since the last newsletter I have been trying to get around to some of the activities and meet up with some of the organisers, volunteers and of course the participants. I had a great time at the Disco in February and really enjoyed the atmosphere. I was however a little disappointed I didn't win a prize for my dancing! Clearly I will have to try harder next time. Thank you to Anita for organising these events which are clearly a 'must-do' in the calendar.

If you would like to contribute to this newsletter please feel free to email or call.

[joanneschofield@hotmail.com](mailto:joanneschofield@hotmail.com)

Tel: 07450 370066

## Note from the Chairman, David Gill

Thank you to everyone who turned up to the AGM in December. Welcome to our new member Chowdhury Dewan who will take over as Treasurer when Graham gives up his post in the summer.

You may be aware of the recent issues in the press regarding the proposed spending cuts relating to disability benefits announced in the recent budget. Thankfully the Government decided to review its position and it is unlikely the cuts will go ahead. I hope to be writing to our Patron Dr Liam Fox MP to request he supports mencap and other charities like ours during the Government review of its position.

## News in brief....

### Please help by completing this survey

The Foundation for People with Learning Disabilities has launched a survey that aims to map the current hate crime initiatives around the UK. Learning Disabilities want to gather evidence of good practice and effective programmes which either reduce incidences of hate crime or support people with learning disabilities who have experienced these issues. If you run such a scheme they would be really grateful if you could complete the survey on line at <https://www.surveymonkey.co.uk/r/ZKRKKWR> **before April 29th.**

If you would like to find out more go to [www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk) or contact Jill Davies, Telephone 020 7803 1141 Email [jdavies@fpld.org.uk](mailto:jdavies@fpld.org.uk)



### **Children's Playground – Kingston Seymour**

This playground is in a safe and secure setting in a quiet location at Kingston Seymour. It is open from 1st April – 31st October, although this could vary slightly.

Contact Graham Marshall on 01934 835043 or [grahamliz@waitrose.com](mailto:grahamliz@waitrose.com) for more details regarding membership and how to access the premises

~~~~~

Strawberry Line Café has new opening hours: Weekdays: 7.30am – 3.00pm/ Weekends: 9.30am – 4.00pm  
Yatton Railway Station, Station Approach, Yatton BS49 4AJ

~~~~~

**Learning Disability Week** is 20 – 26<sup>th</sup> June. To help you start planning an event mencap put together some exciting ideas on how to celebrate, raise awareness and 'Make a Friend'. To find out more visit [www.mencap.org.uk](http://www.mencap.org.uk)

~~~~~

## Activities...

### **The Cool Summer Club 2016 – age 16 - 30**

**Monday 8th August and Wednesday 10<sup>th</sup> August/ Monday 15<sup>th</sup> August and Wednesday 17<sup>th</sup> August/ Monday 22<sup>nd</sup> August and Wednesday 24<sup>th</sup> August**

The venue remains the same, Nailsea Methodist Church, Silver Street, Nailsea BS48 2DS, and each session will run from 1.30 – 4.00pm.

If you want to come to the CSC sessions then you need to request a **booking form** from me either by e-mail or phone and once completed, return it with **advance payment by 24<sup>th</sup> June at the very latest**. (Cheques payable to North Somerset Mencap), the session price will remain at £5.00. Places will be booked on a first come first served basis. No cash payments will be accepted at the CSC sessions. Booking forms will also be available at the Sports Club and Monthly Discos where payment can be made to me or Anita by cash or cheque, a receipt will be provided. There are some new activities to try this year, Zumba and Radio Skills, if anyone has any suggestions for anything else please let me know.

Once again can I thank all our volunteers who help out in the summer, I always look forward to seeing the regulars as well as welcoming new volunteers. Also, a very big thank you to all those so far who have sponsored this year's club: Portishead Town Council, Nailsea Town Council and Nailsea & Backwell Rotary. Without the volunteers and the sponsors it would be impossible for the club to continue.

Part of my role as project co-ordinator is to raise funds for the summer club. If you work for a company or know someone whose company support local charities please think of North Somerset Mencap and give them my details.

Carole Pullen, Project Coordinator, 07796501671, [carolensm@blueyonder.co.uk](mailto:carolensm@blueyonder.co.uk)

**The Saturday Discos** are really well attended and everyone enjoys the evening. We always need more volunteers so please contact me if you are interested in helping. They are held at Nailsea Methodist Church every 4 weeks. Contact me for more details.

*Anita Brown, Committee*

**The Sports Club** runs on a Thursday evening from 7.20pm to 8.30pm during term times only at Nailsea Methodist Church. They are always well attended but we always need more volunteers so if you are interested please contact me.

*Anita Brown, Committee*

### **Skittles – Ring of Bells – Nailsea**

We are holding a Skittles and Fish and Chip supper evening at the above venue on Friday, 8<sup>th</sup> April from 7.30pm onwards. This has proved to be very popular and in fact all tickets have been sold. If anyone would like to pop along for a drink and a chat it would be lovely to see you. Money raised from this event will go towards activities for our young people i.e. Sport, Discos, Millfield etc.

Anita and Jenny

## Feature – Bath Half Marathon – Sunday 13<sup>th</sup> March



A huge congratulations to Georgia Clark who ran the Bath Half Marathon. Georgia has volunteered at the NSM sports club and Cool Summer Club for the last two years.

A group travelled by train (thank you to Shelia Gale, committee member, who funded the train fares) and met at Bath train station. We made our way to a good viewing point where we were able to display a huge banner, you couldn't miss all 13 of us in our NSM t-shirts (thank you to Jenny Tolhurst, vice-chairperson, who organised this). We clapped, cheered and waved, to as many of the 15,000 runners as we could and were extremely fortunate to spot Georgia on the first part of the course and again on the final lap. We were so pleased to support Georgia on that day and delighted to share the good news that her efforts raised approximately £800 which will directly benefit the NSM sports club members.

Saying thank you to Georgia at the Thursday Sports Club



### Events...

*Millfield, Somerset - Saturday 25th June 10am – 4pm*

*Good News - Millfield is on again this year and as we all know it is a great day out. Lunch is available for those who want it and a booking form will be sent/given at a later date. Transport will be available this year with a limited number of seats and there will be a couple of pick up points – again this will be advised nearer the time. For information contact: **Anita** on 01275 546404 or **Jenny** 01934 838564*

North Somerset Council's Sportarray initiative is partnering with Weston College's Academy of Sport to organise an inclusive physical activity and sports taster day on Sunday 10 April. The event will showcase a number of local activities such as archery, dance, golf, football and more aimed at encouraging people of all ages with a learning, sensory or physical disability, mental health issue or long-term health condition to try out a range of new pursuits for free and all at one location! For more information please contact the Council's Sport and Active Lifestyles Team on 01275 882 734 or email [sportarray@n-somerset.gov.uk](mailto:sportarray@n-somerset.gov.uk)

### Bucket Collections

Bucket collections are a good way for us to raise money for the charity. It only involves one or two hours of your time depending on how many volunteers we get. If you are interested in helping out with any bucket collections in the summer contact Jenny Tolhurst (details in the contacts below)

## Dates for the diary...

|                                                                                   |                                                             |                         |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------|
| Sports Club every Thursday from                                                   | Term times only                                             | Contact: Anita Brown    |
| Discos every four weeks next one                                                  | Saturday 9th April 2016                                     | Contact: Anita Brown    |
| Millfield Family Day                                                              | Saturday 25 <sup>th</sup> June 2016                         | Contact: Anita Brown    |
| Cool Summer Club 1.30 – 4pm<br>Nailsea Methodist Church<br>Silver Street, Nailsea | Monday 8/ 15/ 22 August 2016<br>Wednesday 10/ 17/ 24 August | Contact: Carole Pullen  |
| Afternoon Tea at Hawthorns<br>Ticketed fund-raiser                                | Saturday 13 <sup>th</sup> August                            | Contact: Jenny Tolhurst |

## Contact details

**Carole Pullen:** Project Coordinator, 07796 501671  
North Somerset MENCAP  
[carolensm@blueyonder.co.uk](mailto:carolensm@blueyonder.co.uk)

**David Gill** Company Chair: 07920227870  
**Jenny Tolhurst** Vice Chair: 01934 838564  
**Graham Hunter** Treasurer: 01275 845013

**Mary Hobbs:**  
Trustee 4A the Beach  
01275 462518

### Directors

**Mary Hobbs – 01275 462518**  
**Anita Brown – 01275 5446404**  
**Sheila Gale**  
**Jan Lydon**  
**Elaine Eveleigh**  
**Rebecca Stevenson**  
**Joanne Schofield**  
**Jane Bourn**  
**Nick Fuller, co-opted**  
**Dewan Chowdhury**

## Information...

[www.northsomersetmenicap.co.uk](http://www.northsomersetmenicap.co.uk)

### Donations

Donations are always welcome and can be made to North Somerset MENCAP via any of the committee members. North Somerset MENCAP can also receive donations through PayPal and the Just Giving website.

**JustGiving**



Follow us on Facebook and keep up with our news!

**Royal Mencap Wills Trusts** team –Tel: 0207 696 6925  
Freepost WD3537, London, EC1B 1AA

[www.mencap.org.uk/what-we-do/our-services/wills-and-trusts](http://www.mencap.org.uk/what-we-do/our-services/wills-and-trusts)

**Strawberry Line Café:** [www.strawberrylinecafe.co.uk](http://www.strawberrylinecafe.co.uk)