

Note from the Editor, Joanne Schofield

I was thrilled to be asked to present a radio workshop at the Cool Summer Club in August and have added some photo's to the newsletter.

Also in this newsletter I have included a 'spotlight' section to highlight someone and the good work that many of the volunteers do. If you know someone who would make a good subject for this section let me know.

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

joanneschofield@hotmail.com

Tel: 07450 370066

Note from the Chairman, David Gill

We had a little fright earlier in the year when our Vice-Chair Jenny Tolhurst spent some time in hospital. Jenny has been an absolute stalwart to North Somerset Mencap and we would all like to say it is a joy to see you back with us and thank you for everything you have done and continue to do. Another thank you must be given to Graham Hunter who stood down this summer as our Treasurer. He has spent many years looking after the accounts and supporting the charity but has now handed over to Dewan Chowdhury.

VOLUNTEERS are incredibly important to the running of North Somerset Mencap. All our Directors are volunteers and many spend many hours and days committing time to activities. We always need willing helpers so if you feel you have a skill, or just time to give, please contact one of our committee members or our Project Coordinator Carole Pullen. Thank you.

News in brief....

New website

Our new website has launched and we would like to thank Dave Cook for all his work. Please visit the website at www.northsomersetmencap.co.uk

Our AGM will be held on Wednesday 8th March 2017 at 7pm, at Clevedon Community Centre. Please make a note of this date in your diaries.

Great news!

Waitrose chose North Somerset Mencap as one of the nominated good causes for August.

Cool Summer Club

What another fantastic year and how encouraging to welcome so many new members. Thank you to the great team of volunteers who came along, joined in and had just as much fun as the young people. I would also like to say a huge thank you to those carers, support workers and family members who stayed and supported the sessions, the club always flows better when there are lots of people, it's definitely the "more the merrier". This year we tried a couple of different activities, Zumba and Radio Skills, from the feedback, most members enjoyed trying something new. Thank you to Trish and Joanne for running these sessions at no expense to the charity. North Somerset Mencap have been very lucky to secure funding to run the Cool Summer Club, without grants and donations this year from; Portishead Town Council, Nailsea and Backwell Rotary, Haseltine Lake and Nailsea Town Council, the club would not be able to go head. I would like to personally take this opportunity to thank all our supporters; I know how valued their contribution is and can see the benefit and the need for this club first hand.

Radio Training for Cool Summer Club

I had an absolutely fabulous day giving the attendees just a small taster of being a radio presenter.



Everyone recorded themselves introducing a piece of music of their choice.

Activities...

Cool Summer Club

Next year the Cool Summer Club will be celebrating its 20th year, we can't let this go by without acknowledging such an achievement and would like to host a party. North Somerset Mencap would be delighted to see all those who have been involved with the club over the years, past and present. Further details will be available in the next newsletter; in the meantime, if anyone has any ideas for a great party please contact me.

Carole Pullen, Project Coordinator

The Saturday Discos

As usual the discos are well attended and everyone has a super time singing, dancing and playing the 'plastic instruments' provided by Roger Rabbit. Our young people really know how to enjoy themselves. Don't forget the Christmas Disco is 10th December, 2017

Anita Brown, Committee



Bucket Collections

The committee would like to acknowledge the bucket collection held on 2nd September at Cadbury Garden centre. Committee member Jan Lydon spent a considerable amount of time organising this fundraising event. Unfortunately the volunteer support for bucket collectors was extremely poor and has left Jan feeling very demoralised. The committee would like to express their sincere thanks to Jan for all her hard work in raising over £215. Well done Jan.

Events...

Cream Tea at The Hawthorns in Clevedon on August 13th This was really well attended again with around 130 people and we made the magnificent sum of £842. We had great help from Jean Routley who played the piano for us and would not accept a fee! Thank you Jean. Many thanks to all who supported the event and especially to the Hawthorns staff. Mary Hobbs.

~~~~~

On Sunday 26th June this year, myself (Carole Pullen), my husband and two friends, Sally and Kathy took part in the sponsored walk, brilliantly organised by the Nailsea and Backwell Rotary Club. Some members of staff from Lloyds Bank, Nailsea Branch also joined us, we were so lucky with the weather and managed to complete the 10k before the rain started. My team of 4 did encounter a few slight hiccups between point 1 and 2, and were fortunate to receive assistance from a Rotarian who just happened to be passing, it seems we took a left at the wrong hedge, we were following my husband's instructions. Not quite sure how the Lloyds team who started after us finished before us but we all had a good time. I am so pleased to confirm my team raised £547 which Lloyds Foundation Bank have matched by a further £500. The Lloyds team raised £189 which the foundation will also be matching in due course. An additional £161 has been received from Nailsea and Backwell Rotary. This is a fantastic total amount of money and I would like to thank all those involved. All monies raised will go towards the cost of next year's Cool Summer Club.

*Carole Pullen, Project Co-Ordinator*

**Feature – Anita Brown** Back in the spring our Editor went to put the spotlight feature on what Anita Brown does for North Somerset Mencap (NSM).

I went along to one of the Thursday evening sports clubs which are always very popular. These had been started many years ago by Jenny Tolhurst then Anita took them over. Anita is very active on the committee as you can see from this newsletter with all the events that she organises or contributes towards. The sports club is well attended with around 20 members attending. Everyone clearly has fun as I watched the whole evenings activities, no one is left out and there is just a great sense of fun and enjoyment. This is all at the small cost of £4 for each person. Whilst there I spoke to Ann Williams whose son Chris attends regularly (below in the photo with Anita's son Tom)

Chris has been attending the NSM Sports club for the last 4 years. He is severely Autistic with learning disabilities and challenging behaviour and has 2:1 support. Ann says he has noticeably matured in the last few years. Ann believes that the service NSM provides is invaluable and says, "If there were no sports club Chris would be at home on his computer. This has taught him how to interact with others and has built his confidence".



## Dates for the diary...

### Sports Club every Thursday `Term times only

Thursday Sport is very popular and we have loads of fun, make lots of noise and have a great evening! Suzy, our Sports Coach, provides a wide variety of multi sports giving our members the opportunity to try different things. She is off on her travels soon so have a wonderful time Suzy and welcome to Nick Dewfall who we know from Cool Summer Club. Thank you to all the volunteers who help and a huge thank you to Nick Fuller who organised two baseball nets for the club and had fun and games transporting them! Well done Nick - you got there.

**Contact: Anita Brown**

Discos every four weeks next one.....

**Contact: Anita Brown**

### 2017

**Millfield School Day** is usually around the last Saturday in June. This is a great day out for all the family. If you would like to come along then please contact Anita or Jenny in the Spring for a booking form.

**Contact: Anita Brown**

**Cool Summer Club** has been booked. Monday July 31st, Wednesday 2nd August, Monday 7th August, Wednesday 9th August, Monday 14th August and Wednesday 16th August.

**Contact: Carole Pullen**

**AGM - Wednesday 8<sup>th</sup> March 2017 at 7pm, at Clevedon Community Centre**

## Contact details...

### Carole Pullen:

North Somerset MENCAP

Project Coordinator

07796501671

[carolensm@blueyonder.co.uk](mailto:carolensm@blueyonder.co.uk)

**David Gill** Company Chair: 07920227870

**Jenny Tolhurst** Vice Chair: 01934 838564

**Dewan Chowdhury** Treasurer

### Mary Hobbs:

Trustee 4A the Beach

01275 462518

### [Directors](#)

**Mary Hobbs – 01275 462518**

**Anita Brown – 01275 546404**

**Graham Hunter**

**Sheila Gale**

**Jan Lydon**

**Elaine Eveleigh**

**Rebecca Stevenson**

**Joanne Schofield**

**Jane Bourn**

**Nick Fuller**

## Information...

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

## Donations

**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)

North Somerset MENCAP can receive donations through the Just Giving website

### Volunteers

We always need volunteers so if you can help please give one of the committee members a ring.

We need people on the committee because without them none of this would happen. Always sounds boring but it really isn't – honest.



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