

Note from the Editor

If you would like to contribute to this newsletter please email or call on Tel: 07450 370066

joanneschofield@hotmail.com

AGM

Thank you to everyone who attended the AGM this year on Friday 23rd March 2018 Clevedon Community Centre. 6.30pm

Experienced fundraiser needed

Do you have experience of fundraising for a charity and have some spare time? We are looking for someone to process funding applications for us from start to finish. NSM are a small charity and don't have the resources to spend as much time as we would like on fundraising. If this of interest to you, we could really do with your help, advice and knowledge. Please contact Carole Pullen Project Co-Ordinator by e-mail or phone to discuss in more detail.

Unfortunately our Chair, David Gill, stepped down from this position last October, but NSM are delighted to say that Nick Fuller will be taking up this post and was formally elected at the AGM on Friday, 23 March. Nick has been with us for a good number of years and takes an active role in the Sports Club. Also it is with regret that Dewan Chowdry, Treasurer, has also stepped down from this post and NSM are pleased that Glenn Twiselton has taken on this role and was formally elected at the AGM on Friday, 23rd March. Dewan will be very much missed and brought us into the 21st century with fresh ideas. A huge thank you to both David and Dewan for all their help and enthusiasm at committee meetings and various other duties involved in these posts.

A note from the Chair: Nick Fuller

Hello my name is Nick Fuller and I have the privilege of being the new Chairman of NSM.

My involvement with the charity started with helping out at sports night which I still do and is a real highlight in my week. Watching how much fun our members have on a Thursday is incredibly humbling and will always put a smile on my face.

We have a great group of people at NSM and because of this we can achieve great things. Something that strikes me when as a committee we get together is how much time and effort everyone is prepared to put in to help make the charity work. The more ideas and opinions you get the easier it is to sort out any problems that may arise. With this in mind please always feel free to email me with any thoughts and suggestions.

2018 is going to be a successful and fun year for us all at NSM and I hope I can meet as many people involved with our fantastic charity as possible.

Nick



Nailsea Lions presented North Somerset MENCAP with a cheque for £1,200. Trustee Jenny Tolhurst accepting the cheque from Nailsea Lions President Rennie

NSM would like to say a very big thank you to the Co-op Local Community Fund. Since 12 November 2017 Co-op members have chosen to support North Somerset MENCAP with their 1% and have raised £443.37.

Funding for local causes



This is the first of four payments from the Co-op Local Community Fund.



DISABILTY

Cricket Coaching - £2 per session

The Cooper Associates County Ground, Taunton

FEBRUARY 10th, 17th & 24th

MARCH 3rd, 10th & 17th

APRIL 7th & 28th

Ages 14+ & All abilities welcome

Sessions run by SCB Level 2 coaches

Session times from 10am – 2.15pm

For more information please contact

Steve Gass on 01823 352266

Email: steve.gass@somersetcricketboard.org

Mencap Direct has changed!

...but still offering the same dedicated service as before. Mencap Direct is now the Learning Disability Helpline. Available as normal, from 9am-5pm, Monday to Friday.

The Learning Disability Helpline is a free help and advice line. Advisors can offer you advice and information about learning disability and help you to find the right support and Mencap services in your area. You can phone 0808 808 1111

More great fund raising efforts by the NSM team.....

Thank you to everyone who took part in the bucket collections recently at Cadbury Garden Centre. We raised over £400. See the dates for your diary for 2018 bucket collection dates.

Thank you to Clare and Marg's Coffee Morning held at Chipping Cross on the 24th February. It was really well attended and supported well by some of the tenants of the MENCAP residence at The Beach, Clevedon. We made an amazing £327.50

Nailsea Charity Walks & Runs 2018 – Sunday 10th June 2018.

For those who are looking for a challenge why don't you consider getting involved? You could do the 10k and 20k runs, or the 20k walk. There is also the 10k walk and then there is the popular option of the 5k to run or walk. If you would like to get involved you can register on line.

www.nailsearotary.org

As before there are 3 routes – 5k, 10k and 20k: you can walk or run any of them, the 5k being on the level with the route being suitable for prams, pushchairs, wheelchairs, disability scooters etc..

NAILSEA CHARITY WALKS & RUNS

Raise money for
the charity of your choice

Sunday
10th June 2018
Start at Scotch Horn Centre from 08:30

5k, 10k and 20k Routes
Runs are not competitive & are not timed

Over **£100,000**
raised in
6 previous
years

Dates for the diary...

Sports Club every Thursday `Term times only

7.15pm-8.30pm at Nailsea Methodist Church, Silver Street, Nailsea. £5 fee/ £7 including use of minibus.

Thursday Sport is very popular and loads of fun. Thank you to all the volunteers.

Contact: Anita Brown

Discos every four weeks;

7.30pm – 9.30pm Nailsea Methodist Church, Silver Street, Nailsea

£5 entrance fee.

Contact: Anita Brown

Bucket Collections at Cadbury Garden Centre 2018 from 10:00 – 16:00

Saturday 14th April/ Sunday 17th June/ Saturday 15th September/ Saturday 8th December

Contact: Jenny Tolhurst/ Marg Twiselton

MILLFIELD SCHOOL:

We are delighted to say that Millfield School Day Trip is Saturday, 23rd June from 10.00 – 4.00. They are celebrating the 30th Anniversary of Millfield and it is a great day out with lunch provided. If you would like to come along please ask Anita Brown or Jenny Tolhurst for a booking form. These must be returned to Anita or Jenny by the 31st May latest. There will be no transport provided.

Contact: Anita Brown/ Jenny Tolhurst

COOL SUMMER CLUB 2018 age 16 – 30

Dates for 2018: (Please note this is not a continuous 3 weeks, there is a 1-week gap)

Monday 23rd July and Wednesday 25th July

Monday 6th August and Wednesday 8th August

Monday 13th August and Wednesday 15th August

Venue: Nailsea Methodist Church, Silver Street, Nailsea BS48 2DS, 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, once completed, return it with **advance payment by 25th June at the very latest**. (Cheques payable to North Somerset Mencap Limited), this year the session price has increased to £7.00. 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.

Once again can I thank all our volunteers who help 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, Clevedon Town Council and Haseltine Lake. Without the volunteers and the sponsors, it would be impossible for the club to continue.

I would just like to mention one of our long-standing volunteers from the Nailsea and Backwell Rotary Club. Phil Chandler helped in the summer for many years and usually in the sports hall. He was such a lovely man and sadly passed away recently. On behalf of North Somerset Mencap and the Cool Summer Club I send our condolences to his family, he will be missed by all our members.

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, 07796 501671, carolensm@blueyonder.co.uk

Nailsea Methodist Church Community Centre Celebration

Anita and Jenny represented North Somerset Mencap and attended Nailsea Methodist Church on Sunday 11th March to take part in a Service which included many of the local organisations who use the Methodist Church. Jenny gave an informal short talk on North Somerset Mencap and the activities provided. She then handed over to Lucy Coleman who, with the help of Kirsty told everyone about the Sports Club and how much she enjoys going along each week. At the end of the Service the Brownies gave out little posies to all the Mums as it was Mothering Sunday and then everyone adjourned to the Sports Hall for Tea, Coffee and Biscuits. What a wonderful morning and a brilliant way to network with other organisations and pick up ideas from each other.

A very big thank you to Deborah and Kirsty.

Portishead Caring Club

Portishead Caring Club is a social club for people with a learning disability. It has been running at Portishead Youth Centre on a Saturday morning for many years under the management of Barbara Jackson. North Somerset Mencap have supported the club and covered the venue hire.

Unfortunately due to ill health, Barbara has had to close the club for the foreseeable future. North Somerset Mencap would like to thank Barbara for all her hard work, commitment and enthusiasm over the years and wish her a speedy recovery, I'm sure all those who have benefitted from the club would echo these sentiments.

Contact details www.northsomersetmencap.co.uk

Project Coordinator: Carole Pullen
Tel: 07796 501671
email: carolensm@blueyonder.co.uk

Chair: Nick Fuller
Vice Chair: Joanne Schofield
Treasurer: Glenn Twiselton

4a The Beach Trustee: Mary Hobbs:

Directors

Nick Fuller - 07970 810426
Joanne Schofield – 07450 370066
Glenn Twiselton – 01275 879046
Mary Hobbs – 01275 462518
Anita Brown – 01275 546404
Jenny Tolhurst – 01934 838564
Margery Twiselton -01275 879046
Jane Bourn

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

