

COMMITTEE MEMBER MARY HOBBS RETIRES

Committee member Mary Hobbs is retiring from her post following 40+ years of dedicated service. Mary has been a stalwart member involved in a number of the activities operated by the charity as well as being actively involved with fundraising. However, perhaps her most significant role has been in assisting with the management and administration of the North Somerset Mencap's property, 4a the Beach in Clevedon.

Mary has always been there to lend support, including the Cool Summer Club, bag packing, and opening up hers and her husband Geoff's beautiful garden for a very successful coffee morning to raise funds. Mary has been a valuable contributor, who will be greatly missed. All those involved with NSM would like to thank Mary for all her hard work over the years and wish her a lovely retirement.

MESSAGE FROM THE CHAIRMAN

Hello again everyone. Hopefully you have all had a great summer and have managed to get out and enjoy the best of the weather. It won't be long before the dark nights arrive and I always feel once the clocks have changed at the end of this month the winter comes pretty quickly. Having said that I really notice how much better life feels when you can get outside for a bit even if it's just for half an hour each day. Maybe that should be a goal for us all even when we don't actually fancy it very much. Another activity that makes you feel good is volunteering! There is no doubt that it brings a tremendous benefit to the volunteer as well as those being served. With this in mind can we all have a think about getting as many

people involved in our amazing charity as we can. It can be for as many or as little hours as you like but I guarantee you will feel great about it. On this subject I would like to say from everyone involved in North Somerset MENCAP a huge thank you to Mary Hobbs who has recently stood down from the committee after 35 years! If there is a term Super Volunteer then Mary surely is one. So there are our two goals for the winter, get outside and think about volunteering, maybe try and combine both. So I hope you all have a nice lead up to Christmas and it would be great to bump into as many members as possible during the next few months.

Nick Fuller
Chairman

VOLUNTEERS WANTED!

Following the retirement of a few long standing volunteers, we are currently looking for some additional support with keeping our fantastic charity operating.

No matter how much time you are able to provide, all assistance is welcomed and plays a crucial part in helping to provide activities and support in our community.

Volunteering is both rewarding and great for the CV!

If you think you could spare a little time or have some skills that you think might be useful to North Somerset Mencap please contact Carole Pullen on 07796 501671 or at: carolensm@blueyonder.co.uk

Mencap's New Online Community

Mencap have introduced an online community for families and people with a learning disability. The online community is a safe place for anyone with an interest in learning disabilities to share stories, and ask questions.

Register for free at healthunlocked.com/Mencap and join the conversation!

UPCOMING EVENTS

Backwell leisure centre has been offering free swimming on Mondays for anyone with a disability. Please try to take advantage of this while it is available as if there is insufficient interest then we have been informed it may no longer be offered.



Swimming

at

Backwell Leisure Centre

Mondays (except for bank holidays)

6.30pm-7.15pm

No entrance fee for anyone with a disability

North Somerset Mencap would like to raise awareness of the above activity. If there is not enough interest, there is a possibility it may be stopped.



Registered Charity Number 1144376

WAITROSE TOKEN SCHEME

Throughout December we will be one of the charities in the Waitrose Nailsea token scheme. Please make sure you get your token with each shop and help support our charity!

COOL SUMMER CLUB!

Thank you to all North Somerset Mencap members who came along and supported the club. It was also nice to see some new people, there was a great atmosphere over the 6 sessions and the feedback has all been very positive. Thank you to the team at the Church. The club have used Nailsea Methodist Church as its venue for many years, it's a safe and secure environment and works well for the various activities put on throughout the summer.

This year we were so pleased to welcome back; Vickie from TLF Dance Centre and her energetic line dancing session (even though Vickie has been carrying a few injuries, she kept going), Rich and Clare from "Art in Action", for their Christmas craft session (yes I did say Christmas, we even had Christmas music in the background - everyone made decorations and took home a personalised mocktail glass), Helen Coupe from Justpopby for the face painting/balloon modelling session;

Sue Duggan from Teach Me Sugarcraft for her cup cake decorating session, Anita Brown for her bingo session and Roger Rabbit for the disco. Many thanks to Luke and Bailey from AIDE sport for running the all-inclusive sport sessions.

I try and attend as many events throughout the year as I can, it's a good way to promote North Somerset Mencap and in particular the summer club and additional activities North SM support. It's also a great opportunity to network with other like-minded organisations. I was fortunate to meet with Chris from Burley Inclusive, after much chatting and hearing all about the band they support The Steel Squid Collective, I invited them to play a gig at one of the Cool Summer Club sessions. I was told it would be loud and yes it was, but so much fun, all NSM members loved it and some even got up for a dance. Thank you to Adam and Chris and everyone else from Burley Inclusive for making this happen and to all the

band members. The Cool Summer Club audience were able to hear some of the music from the band's first CD, with hits "Beautiful Day", "The Fan Song" and not forgetting the brilliant "Cider With My Greggs".

And last but not least, thank you to the wonderful volunteers including the gentlemen from Nailsea and Backwell Rotary and to all the support / key workers who came along and joined in with the activities. Without everyone's help the club would not be able to function.

North Somerset Mencap have been extremely fortunate to secure funding to run the Cool Summer Club, without grants and donations this year from; Portishead Town Council, Nailsea Town Council, CAP Security and Haseltine Lake, the club would not be able to go ahead.

Carole Pullen
Project Coordinator

FOR MORE INFORMATION ON THE STEEL SQUID COLLECTIVE AND HOW TO PURCHASE THE CD
PLEASE VISIT WWW.BURLEYINCLUSIVE.CO.UK/THESTEELSQUID.

DATES FOR THE DIARY

Cool Summer Club 2020:

Keep your diary free as Cool Summer Club 2020 will be taking place on the August 3rd, 5th, 10th, 12th, 17th & 19th! Booking forms for the 2020 Cool Summer Club will be available from April 2020.

Thursday Sports club:

Join Luke during term time on Thursdays for an hour of fun and games at Nailsea Methodist Church Hall. Please contact Anita (below) for further details.

Saturday Discos:

Held every four weeks, join us for the next disco on 9th November at Nailsea Methodist Church Hall from 19:30 to 21:30. There will also be a Christmas Disco on Saturday December the 14th pumping out all the classics!

Any volunteers to assist with the operation of the disco would be greatly appreciated to help keep this event bopping!

If you are interested in attending any of the above, please contact Anita on 07766 767222.

Nailsea and Backwell Rotary Walk:

The annual walk will be taking place again on Sunday the 7th June 2020. If you are interested in taking part in the walk and raising funds for our charity please contact Carole Pullen (see below) for details on registration.

Thank you to Jan Lydon who walked on behalf of the charity this year and raised £114.75.

Any Suggestions?

If you have any suggestions for fundraising, how the charity can support the community or where we can put collection tins, please e-mail Carole Pullen at carolensm@blueyonder.co.uk.

If you have anything you would like to include in the next newsletter, including any events you may have hosted or plan to host on behalf of North Somerset Mencap, please contact Russell Hill at russell.hill@live.co.uk.

All ideas welcome!