



June 2009

Volume 5, Issue 2

SUMMER NEWSLETTER

News

New centre

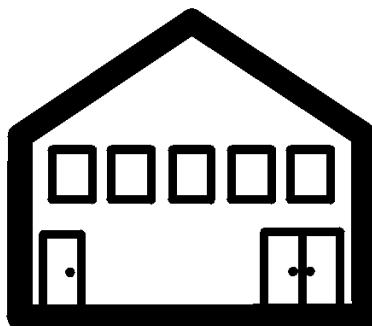
We are currently having work carried out on the new building and hope to be able to move in soon.

Thank you to everyone who has expressed an interest in attending the drop-in – we have been overwhelmed by the response!

As soon as we have a definite opening date we will let you all know. We will, of course, be having a grand opening event so watch out for your invitation!

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More news!

Learning Disability Week

Learning Disability Week runs from 22-28 June.

The theme this year is 'Changing Places, Changing Lives' where Mencap will, together with the Changing Places consortium, campaign for fully accessible Changing Places toilets to be installed in all big public places across the UK. Changing Places toilets include a hoist, changing bench and plenty of space.

Look out for articles in the newspapers about this and many events which have been arranged around the country.

We are pleased that in the South West we have many organisations and local authorities agreeing to install these changing facilities making life for people with more severe disabilities easier.

Mencap District event

The Mencap District event was held on Wednesday May 20th 7-9pm at the Vassalls Centre. Speakers from Mencap housing, Valuing People, Supported Living and the Fire Service were there and there was time for questions afterwards. About 50 people attended from throughout Bristol and South Gloucestershire.

Mencap Regional Meeting

The Bristol and South Gloucestershire regional representative, Helen Beer, attended the latest regional meeting on 20th June, along with Liz Cooke. We talked about 'Changing Places' in the South West. A representative from Mencap talked about their plans to work more closely with local groups.

Thornbury Social Club

At the beginning of May the club moved. Marlwood School has very kindly given us the use of their Sixth Form common room. The room is much bigger and we have use of their outside facilities as well. We are very grateful for the school's support.

Activities planned for the next few weeks at club are:

June 19th – Game Show – win prizes! Father's Day craft with a visiting artist.

June 26th – BBQ and Bingo!

July 3rd – Outdoor games, picnic and treasure hunt.

July 10th – Movie and Munchies!

July 17th – Summer Disco

July 24th – Outdoor games, BBQ and Bingo!

The club will meet throughout the summer but not at the school. We will be arranging a series of trips and activities. Please look on our website for details nearer the time.

The club runs weekly at Marlwood School, Alveston from 7-9pm on a Friday and is for any adult with a learning disability over the age of 18.

There is a one-off registration fee of £5 and then subscription of £2 per evening attended.

If you are interested in attending please give us a ring on 0117 9614372 or 07773250045.

Email: club@avonnorthmencap.org.uk

Places to visit

If you are looking for things to do over the next few weeks we have been approached by a couple of organisations who have been working hard on making their attractions more accessible.

ss Great Britain

Brunel's ss Great Britain is open daily throughout the year from 10am (except 24 and 25 December and one training day in January). You can find out more, listen to visitor comments and buy tickets online at www.ssgreatbritain.org Their award-winning access includes:

- British Sign Language (BSL) video tours for Deaf and hard of hearing visitors
- Audio tours for blind and partially sighted visitors
- Guide and assistance dogs welcome
- Wheelchair access

They have produced a Good Access Guide which includes a site map with deck plans, outlines access facilities and provides information to help you plan a visit. There is FREE entry for assistants or carers.

Explore@Bristol

Explore is a great place to go for a real 'hands-on' experience. Staff are happy to accompany people around the attraction to explain the exhibits. If a group is going it could be useful to phone beforehand and they will make sure that there are staff available to help. Carers also go free.

If you know of any good places to go please let us know and we can pass the information on to others.

Old Down Country Park

Old Down Country Park in Tockington has recently re-opened. It is a lovely park, with animals, and is a great place for a family day out.

It also has a Manor House with beautiful gardens looking out across to Wales. The view is amazing!

The house and gardens are not currently open to the public and so we are very excited that the owners have agreed that we may use the gardens for a fundraising event in September.

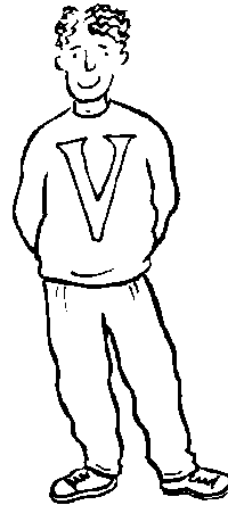
We have decided to hold an evening event on Saturday 12th September starting at 7.30pm. There will be a live jazz band, canapés and a bar. We hope that this will be an opportunity for us to spread the word about what we do, raise some money and have some fun!

We are planning quite an ambitious evening and hope that if it goes well it could become an annual event. We hope that many of you will come along with your family and friends to support us. Further information will be sent out in the next few weeks.

Further information about Old Down Country Park can be found at: www.oldownpark.co.uk



Volunteers



Since the last newsletter we have had nine new volunteers join us. Welcome to Jay, Kerry, Ruth, Gloria, Mel, Stephen, Frank, Sam and Andy.

Welcome!

We are constantly amazed at how much time and hard work our volunteers put into the organisation. From the 1st of January until the 31st May this year our volunteers have given 647.5 hours of their time!

We would like to say a big thank you to everyone. We really appreciate all that you do.

Thank you!

Email: volunteers@avonorthmencap.org.uk

Phone: 07941144914

Fundraising

Sainsbury's

On 12th – 14th June a group of volunteers collected money on our behalf at Sainsbury's at Emerson's Green.

We were really pleased to be given this slot as they are much coveted by charities. We would like to give a huge thank you to everyone who helped out. We were given four days notice of this as another organisation had dropped out and so to cover all the hours that we did was wonderful.

We would also like to thank Sainsbury's for giving us this opportunity and for being so helpful to us on the three days.

We collected an amazing £1292.20 to be put towards equipment for the new centre.

Door – to door collection

During the week of 22nd – 28th June our regular group of 'collectors' will be going door-to-door collecting on our behalf. Many people have been doing this for several years for us and we are very grateful for all their hard work. We will let you know the total collected in the next newsletter.



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www.avonnorthmencap.org.uk

Charity no: 1126618
Company no: 6694738

Avon-North Mencap Society works in South Gloucestershire and Bristol with people with learning disabilities, their families and carers.

We can offer support and information on a range of issues by telephone, at the office or in your home.

Please contact our Project Director, Liz Cooke, for advice, information on services or a friendly chat!



Avon-North Mencap is listed on Everyclick.com the search engine that helps charity. Please go to www.everyclick.com/uk/avonnorthmencap to do all your searching. Don't forget to add it to your favourites so you can find it easily and you can make it your homepage. It does not cost us, or you, a penny – so it's a great way to support us everyday.



Help us!

Don't forget to visit our webshop:
www.buy.at/avonnorthmencap



Come and join us!

Avon-North Mencap meets on the second Monday of the month at 7.00pm at the office. If you would like to attend please come along, or phone us to let us know that you will be there.

Future meeting dates are:



13th July

14th September

12th October

Why not come along? It would be great to see you!



give with confidence

