

## Race Night

**Friday 14th March, Saltford Hall, Wedmore Road, Salford, 7pm**



We are holding a fundraising Race Night on 14th March at Saltford Hall. There will be races shown on a big screen and guests will be invited to place bets on which horse they think will win. There are cash prizes for winners as well as an opportunity to 'buy' a horse at the start of the evening in an auction. Horse owners will also win a cash prize every time their horse wins a race. There will be a licensed bar and raffle.

Entry is £3 and tickets must be purchased in advance. Bets are £1 each. Guests must be 16 or over.

Race Night is going to be a really fun night and we would love to see you there.

To purchase tickets please contact the Keynsham Mencap office on 0117 9865659 or email

helen@keynshammencap.org.uk

We need a team to help us on the evening - running the bar, selling raffle tickets, taking bets so if you are able to help out please let us know.

## Football League

Last weekend the football team travelled to Street for their fourth tournament of the season. The guys played really well and were showing improvement on previous performances. Good work boys, keep it up!



The results were as follows

**Keynsham Mencap 3                      Able to Achieve 1**

**Keynsham Mencap 1                      FC16 10 1**

**Keynsham Mencap 3                      Park Knowle 2**

Their next fixture is 2<sup>nd</sup> March.

## Grace Wins Volunteer Award



We are thrilled to announce that one of our volunteers, Grace O'Hara has won the **Young Volunteer of the Year** award at the Chairman's of the Council Community Awards.

The Chairman's Community Awards 2013/14 recognised volunteers, community leaders, educational institutions and businesses that make a positive contribution to the local community, putting people first and inspiring others to get involved. There were over 140 nominees across 10 categories. The winners were awarded a certificate and plaque by Councillor Neil Butters at an award ceremony at the Guildhall in Bath.



## 18+ Christmas Meal and Christmas Party

On Friday 13th December 44 members of 18+ Club along with 14 volunteers visited the New Inn at Farmborough for a Christmas meal. We were served a delicious 3 course dinner, followed by karaoke and a disco. The members had a great time and even got some of the waitressing and bar staff up dancing with them! We are very grateful to all the staff at the New Inn who were extremely welcoming and of course to all the volunteers that came and helped.



On Thursday 19th December we held our Christmas party for members of 18+, Football and Fitness. It was a great night and we had over 80 people attend. We had a bring and share buffet, a raffle and a disco with DJ Delboy. Thanks again to all of the volunteers that helped run the evening.

Grace has been volunteering with us for almost 4 years, since she was 14 years old, first at Keynsham Juniors and now at 18+. As well as helping on a weekly basis at club, Grace has helped on many of the day trips and holidays and is a committed and enthusiastic volunteer. She is described as 'warm, friendly and helpful' and is an inspiration to others. We're very grateful to Grace for all she does to support the Society. A truly deserving winner.

## Thank You!

Helen Beere for her donation of £126 following a Christmas raffle with her staff

Diane Want who held a collection over Christmas with friends and family and raised £37.20

Mary Evans from Jewellery Junction. Mary makes and sells hand made jewellery and donated 25% of her profits from her Christmas Sale to Saturday Club.

Keynsham Lions for donating their unused packets of chocolate buttons from Christmas. We'll make good use of them!

Tim Hillman for his help and advice on updating our website

Danielle Jeffers who donated lots of unused white ceramic tiles that the members will be using to paint and decorate.

Friends of Stoke Park for their grant towards 18+

## Saturday Club Christmas Café

Thank you to everyone that attended Saturday Club's café morning. There were homemade gifts, used book stall, mince pies, cakes and refreshments and a giant raffle. The morning raised £234.94 for the club to use for extra activities for the children. Thanks also to Neil P for playing the piano and leading us in some carol singing.

## Christmas Tree Festival

During December, Keynsham Mencap took part in St John's Christmas Tree Festival. The festival consisted of Christmas trees decorated by various groups from the local area and over 60 organisations took part. Our tree will be decorated by some of our members committee with decorations they had made at 18+ Club. Thank you to Sue Jeffery for helping the members to make their decorations and for taking them to the church to decorate our tree.



## Volunteer Birthdays! January and February

### Happy Birthday to...

Nick Dewfall - 6th Jan

Debbie French - 12th Jan

Nina Gray - 22nd Jan

Annie Smith - 24th Jan

Jade Ward - 26th Jan

Liv Edwards - 27th Jan

Jess Barter - 29th Jan

Tom Bridges - 2nd Feb

Megan Godfrey - 4th Feb

Claire Tait - 10th Feb

Caroline Perrington - 14th Feb

Angela Langham - 15th Feb

Nicky Bosdet - 25th Feb

*Hope you have/had a great day!*



**Welcome!** We welcome Laura Cook to 18+, Katie White, Robyn Weightman, Alice Summerill, Gemma Stallard, Georgia Clarke and Lily Edwards to Keynsham Over 11's, Peter and Susan Webb to Keynsham Under 11's and Emma Morrad to Saturday Club. Great to have you on board!

## Farewell Helen!

Sadly, or fundraiser, Helen Bridges, will be leaving us in March, as she has decided to pursue a career in support work. Helen joined us in September 2009 and has been a real asset to the Society. Helen's not leaving completely though as she will continue to be involved with Monday's Fitness Club as a volunteer. We wish Helen all the best in her new endeavour.

## Beacon Network

We are pleased that Avon-North Mencap has joined our Beacon

network as a Role Model Club. We are looking forward to doing some partnership work with them over the next year. We will be able to share expertise and ideas with each other and we'll be planning a joint social event for all of our members.



**Gateway Beacon**

Working better together



## Star Medical

We are delighted that Star Medical, a specialist recruitment agency based in Bath, has selected our Saturday Club as their Charity of the Year. Thank you to Tracey Burton and her daughter for nominating us!



## Save the Date

Please put a note in your diary to keep Saturday 10th May free as Bath City Hilton are hosting a charity ball for us for another year.

We are delighted that they have chosen to partner us again and look forward to another super event. More details will follow in the next newsletter.



## Contact Details

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