

Sponsored Bike Ride / Walk / Push

Sunday 14th September 2014

The Society is holding a big fund-raising event on Sunday 14th September to raise much needed funds for our organisation.

The Cycle Ride has been expanded to 'Walk' and/or 'Push a Wheelchair/Buggy' along the cycle path between 'Bird in the Hand' Saltford to Bitton Railway station and back, or to Bath in the opposite direction. It is fairly flat and easy to navigate. If you want to cycle, you can choose your distance – 5, 10 or 25 miles along the cycle track or, new for this year, a 25 mile route taking in the Two Tunnels around Bath. For those walking and/or pushing – the normal distance is 5 miles to Bitton Station and back, but hey – choose a longer distance if you want!

EVERYONE who is a member of the Society, their families and friends can take part. Just complete the registration form (available from our website or from the office), email or return to the office to receive official sponsorship forms by return. If you have sponsorship to a minimum of £10 and complete the route you will be provided with a free lunch on your return at 1pm. If you need any further details, check out our website or contact the office (0117 986 5659)

Help us to help you!



Lock Stock

Once again the Lock Keeper pub in Keynsham put on this brilliant family fun day for us on 17th August. The rain stayed off long enough for us to have a wonderful afternoon in the beautiful beer garden. There was live music, bouncy castle, face painting, stalls and a super raffle with top prizes including an iPad mini, hamper worth £100 and a balloon flight for 2, kindly donated by Rotork.

The day raised £811 for the Society.

Thank you to everyone that helped on the day.



18+ Holiday to Hengar Manor



In July, 18 members of 18+ Club had a weeks holiday at Hengar Manor in Cornwall. We stayed in countryside lodges and enjoyed days out to farms, Crealy and a vintage steam fair, where we spent the day having a go on old fashioned rides. In the evenings we visited on the onsite entertainment bar and enjoyed karaoke, a race night, discos and cabaret. Most of the members had a go at the Karaoke and we had renditions of Take That, Abba, Michael Jackson and Queen. We watched the World Cup final in the bar too!



Thank you to Jade, Louise, Vicki, Grace and Kayleigh for all their help and hard work.

Thank you to everyone that has collected the minibus tokens in the Bristol Evening Post. For every 100 tokens we collect we get a raffle ticket in the draw to win the minibus. We've collected over 18,000 - that will give us 180 chances to win! The draw takes at the beginning of September.



Thank You!

Everyone that shopped in Waitrose and put their token in our box. We received £416!

Bath Building Society for their donation.

Eveleigh's Estate Agents for their donation towards raffle prizes.

Kit Kettel and his company for their donation to 18+ Club.

Keynsham Town Council for their donation towards our Boccia Club.

Julie McNicholl and Rotork for their donation of a balloon flight for 2 as a raffle prize.

Nigel Young who has donated lots of things for tombola prizes at our next fundraising event.

Chandag Primary School who had a mufti day at the end of term and raised £303.

Eva and Freya, school girls aged 10, who held a cake and craft sale at their school and raised £97.

The Family Placement for their donation towards Football Club.

Sue Jeffery and Muriel Roberts who have been helping in the office with admin work.

Welcome and Farewell! We're sad to say goodbye to quite a few faces at the end of the summer as some of volunteers are moving away to attend University. Goodbye and good luck to Sophie Roberts from KJ, Laura Hamilton from KJ and 18+, Katie Beere from SC and RJ, Vicki Prangley and Kayleigh Sims from 18+. Thank you for everything and we wish you all the best.

We welcome new volunteers Rebecca Litster and Megan Evans to KJ. Welcome to the team!

Sponsored Parachute Jump!



Two of our volunteers, Mikey and Vicki, and are doing a sponsored parachute jump on 14th September to raise money for the Society. We think what they are doing is absolutely incredible and extremely brave! They deserve a huge amount of support in their challenge.

Please, please get behind them and show your support by sponsoring them and helping them reach their target.

You can sponsor them online at Just Giving (search for Keynsham Mencap then select either Mike or Vicki's page) or there is a paper sponsor form at club; please ask your club leader for it.



18+ Café Fundraising Evening



18+ members hosted a café evening to fundraise some money for the club. The members helped make and serve drinks, sell cakes and ran stalls. We had a raffle too.

The evening raised £276.90 which will be used for club activities. Thanks to those that helped, donated raffle prizes and/or baked cakes.

Radstock Juniors Residential

At the end of August Radstock Juniors are off to the YMCA Activity Centre near Southampton for their annual overnight trip. The group will be taking part in lots of exciting outdoor activities such as zip wire, jumping pillow, canoeing, water slide and more! We hope you all have a great time.

Congratulations and Best Wishes to our Student Volunteers!

We want to say a huge well done and congratulations to all of our student volunteers who sat exams this summer. Many of them will be starting University in September. Some of them will be leaving, some are staying and some will be coming back in the holidays. Well done to each and every one of you and best of luck for the future.



Volunteer Birthdays! July and August

Happy Birthday to...

Ben Tyack - 6 July

Georgia Meredith - 9 July

Neil Wolsencroft - 10 July

Olly Beere - 25 July

Laura Hamilton - 30 July (18)

Leonie Cameron - 3 August

Laura Cook - 6 August

Emma Morrad - 7 August

Vicki Prangley - 8 August (18)

Nicky Albrow - 11 August

Lydia Hawkins - 13 August (18)

Kayleigh Sims - 21 August (18)

Leanne Burge - 22 August

Caroline Terry - 24 August

Louise Payne - 30 August

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