

## Annual Quiz Night Returns!

**Friday 17th October 2014**

Our very popular annual Quiz Night will take place on Friday 17th October, 7.00 pm at Saltford Hall. Tickets are £5 per head. As always there will be a licensed bar and a raffle. Quiz teams can be up to 6 people. The evening is always great fun and always a sell out so make sure you book your team in early! Tickets are now on sale via the office so please telephone 0117 986 5659 or e-mail [michelle@keynshammencap.org.uk](mailto:michelle@keynshammencap.org.uk)

We are collecting donations of prizes for the raffle so if you have any suitable items please drop them into the office or with your club leader. We are also looking for anybody that can help on the night - setting up the hall, packing away, selling raffle tickets etc. If you are able to help with the above then please get in touch.



## New Club for Young Adults

We're delighted to announce that we are starting a new social club for young adults aged 18 - 25. The new club, called Go Explore, will help ease the transition from our junior clubs to our adult club. The club will allow more people to take part in Keynsham Mencap activities as our adult club is currently full with a long waiting list. We ran a 12 week pilot scheme in the spring which proved successful and the new club will launch on Wednesday 8th October.

## 18+ Holiday to New Forest

18 members of 18+ Club have just returned from a weeks holiday at Hoburne Naish holiday park in the New Forest. We stayed in lovely wooden lodges and enjoyed days out to Paulton's Park, a wildlife park, a vintage and classic car show and the zoo. We spent an afternoon at the indoor pool with sauna and steam room and in the evenings we visited the onsite entertainment bar and enjoyed cabaret shows and discos. We took part in the quiz night, (which we won!) and celebrated James' birthday with a pub dinner and birthday cake. We want to say a huge thank you to all the volunteers that helped support this holiday.



## Sponsored Bike Ride/Walk/Push

Thank you to everyone who turned up to take part in in the sponsored ride/walk/wheelchair push on Sunday 14th Sept. The weather was perfect - cool enough to be comfortable in the morning and then lovely sunshine in time for a drink at the pub! We had 55 people take part and it was a great event which everyone seemed to enjoy. Thanks to the Bird in Hand who provided us all with a great lunch of hot dogs and chips - well deserved after all that effort. Fundraising looks to be really impressive and we will be sure to give you a final figure as soon as we have received all of your sponsor money. Well done and thank you.



## Parachute Jump

A huge well done and thank you to volunteers Vicki Prangley and Mikey Galaszia who took part in a sponsored skydive. They jumped out of an aeroplane at 10,000 feet, did a free fall of 30 seconds and then parachuted back to the ground. They were joined by others from the Harley Owner's Group (HOG), for whom we are charity of the year, and who organised the jump. The pair raised a fantastic £750 between them.



## Radstock to Brean cycle ride

Thank you to Karen Washbourne, Jason Preston and friends who took part in a cycle ride from Radstock to Brean to raise money for Radstock Juniors and Saturday Club. The day ended with a well deserved BBQ on the beach. 14 riders in total cycled over 30 miles to Brean and raised £1500.



## Slapface and the Hoagies Gig

We are excited that popular folk band Slapface and the Hoagies will be doing a gig for us on Friday 21st November at Saltford Hall. Tickets are £5 each and available NOW. There will be a bar and food available to purchase. This event is likely to be a sell-out so book your tickets early!

## Thank You!

The Bloss Foundation for their donation allowing us to purchase tickets to take the children to the pantomime.

Bath Ales, The Ship Inn and Whitegate Nurseries for their donations of raffle prizes.

The Ram Club for their monthly donation and to Neil Poole for donating his fees from the Ram Club for website design.

Garfield Weston for their donation towards the Go Explore Club

Zurich Community Trust for their donation

Tracey Elliott has worked hard on organising new kits for the football team.

Stephanie from HOG who organised the skydive, those that took part and everyone that came and supported the event on the day.

Sue and Andrea and everyone who helped at the bike ride

## Radstock Juniors Residential



At the end of the summer Radstock Juniors enjoyed their annual overnight trip to the YMCA Activity Centre near Southampton. The group took part in lots of exciting outdoor activities such as zip wire, jumping pillow, canoeing, water slide and more! There was a campfire in the evening with hot



chocolate and marshmallows. A great time was had by all. Thank you to the volunteers that supported the trip.

Jacqui, Jodie, Kirsty and Ben are a team of four from Fosseway School who all know one of our members Alice Beere, who is presently very poorly. They took part in a sponsored 10K Army Assault course involving fire, ice, barbed wire and plenty of mud. They made it through in an impressive 1hr 15mins and raised money for us on the way. An amazing achievement. Well done and thank you!



Thank you to everyone that collected the minibus tokens in the Bristol Evening Post. Unfortunately we didn't win. We had a huge amount of support and collected over 5,000 tokens!

## Volunteer Birthdays! September and October

### Happy Birthday to...

Lily Edwards - 9 Sept

James Bridges - 7 Sept (18)

Emily Miles - 18 Sept

Kristy Tyack - 21 Sept

Jess Grose - 24 Sept

Kayleigh Graham - 25 Sept (18)

Indy Garrad - 1 Oct

Harriet Huckin - 2 Oct

Nina Gazzard - 12 Oct

Sam Walker - 26 Oct

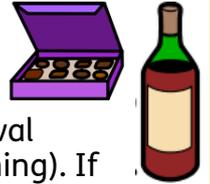
Steph Sandall - 26 Oct (30)

## Disability Football League

The disability football league started again last weekend and this year we have entered two teams. The players have all been supplied with a super new kit, thanks to a donation from HOG. Both teams got off to a good start with A Team playing 5 games, winning 4 and drawing 1, whilst B Team played 6 games and won 3. Their next fixture is Sunday 9th November at Strode College from 11am. Anyone is welcome to go along and spectate.

## Donations Needed Please

We are collecting items that we can use as prizes for our tombola stall at the Keynsham Winter Festival (formerly Keynsham Victorian Evening). If you have anything you can donate, or are able to pick up an extra jar, bottle or box of something during your next trip to the supermarket we'd be really grateful. You can drop your donation into the office or hand it to your club leader. Please donate what you can and help us make these fundraising events a huge success! If you are able to help us run the stall at the Winter Festival (Fri 28th Nov) please let us know. Our stall will be inside!



Good luck to Maria Garcia and Antonio from Bath Hilton who are doing a skydive for Keynsham Mencap on 16th November.

## Mencap Planning for the Future Events

National Mencap offer free information seminars on how to take care of a loved one with a learning disability when you are no longer around - by making a suitable will or setting up a trust. A local solicitor with experience of drafting wills and trusts for the benefit of people with a learning disability is present at all the seminars, and provide an ideal opportunity to ask any questions that you may have. The PFFE team are holding an event in Bristol at the Barton Hill Settlement on Tuesday 14th October, 12.30 - 2.30pm. To book a place please contact the PFFE team direct on 020 7696 6925

## Contact Details

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