

## SLAPFACE AND THE HOAGIES GIG

**Friday 13th November. Saltford Hall. 7.30pm**

Popular local band Slapface and the Hoagies are once again putting on a gig for Keynsham Mencap Society. The band will be playing at Saltford hall on Friday 13th November.

The event was a huge success last year and we are looking forward to another great evening. Tickets are £5 and can be purchased from the office. It is anticipated the event will be a sell out so book early to avoid disappointment! There will be a bar, snacks available to buy and a raffle.

Contact the office now to book. 0117 986 5659 or [laura@keynshammencap.org.uk](mailto:laura@keynshammencap.org.uk)

**SLAP  
FACE  
AND THE  
HOAGIES**

## 18+ Holiday

### Woodhall Barn Cottages, Devon

18 members plus helpers spent a week in Devon recently. We had sole use of the venue that consisted of 5 beautiful cottages, pool, games room, and garden and BBQ area. We visited Exeter Quays where we bumped in the Tonga rugby team! We also had days out at Milky Way adventure park, an activity farm and vintage fun fair. Evenings were spent enjoying some delicious meals at the local village pubs. Massive thank you to all the volunteers who gave up their time to help.



## Radstock Juniors trip to YMCA

### YMCA Fairthorne Manor

Radstock Junior Club had their annual overnight trip to the YMCA Activity Centre in Southampton. The children got to have a go at some outdoor activities and adventures including raft making, den building, zip wire and bouncy pillow. The group celebrated Matty's 17th birthday and spent the evening toasting marshmallows and singing songs around the campfire.



## Bob Cook Games

The Bob Cook Games is an athletic competition, organised and hosted by the Lions Club, for people with disabilities. This year we took 11 competitors from across our sports clubs. They competed in various events including walking and running races, relay race, javelin, shot, discus, welly throwing and bowls competition. Our team returned with a total of 34 medals, and each competitor won a bronze, silver or gold in at least one of their events!

Throughout the day there was a real sense of camaraderie among the athletes. The team supported each other in their events, watching and cheering as they competed.

A superb day had by all.



## Sponsored Bike Ride / Walk / Push

A huge thanks to everyone that took part in this event and to those that helped on the day. This has become a popular event and we had another successful year. So far we have collected over £2,800 in sponsorship. Just a gentle reminder that if you took part please let us have your sponsor money as soon as possible so that we can report a final figure for the event.

## FUNDRAISER WANTED

**We are looking for a fundraiser** to work in the office to secure grants and funds for our work, arrange and manage our fundraising events as well as liaising with donors and looking after our PR. 15 hours a week, flexible, to include occasional evenings and weekends when required. To apply for the position please email CV and covering letter to [laura@keynshammencap.org.uk](mailto:laura@keynshammencap.org.uk)  
Closing date 30th October 2015.  
Please pass this on to anyone you think might be interested.

## Thank You!

Eveleigh's Estate Agents who sponsored the prizes for our Quiz Night

Saltford Marina for their collection and donations, totalling £168.17

Neil Poole for his continuing help and support with our website and social media

Author Miranda McCormick who has written a memoir of her family life during WWII and will be donating the profits from the sales.

## Great North Run

Well done and thank you to Saturday Club volunteer Emma who took part in the Great North Run during the summer. Emma ran the 13.1 mile route, crossing the iconic Tyne Bridge and through the picturesque coastal sites of South Shields, completing the run in 2 hours 31 mins and raising over £600. Great job!



## Three Peaks Challenge

Thanks also to keen local cyclist Paul Benn, who completed the Three Peaks Challenge. In addition to climbing the three mountains - Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales - Paul also cycled from each one to the next, meaning he climbed three mountains and cycled approximately 450 miles in 8 days! A great achievement, well done. Paul raised £520 for the Society.



## Welcome!

Hello and welcome to new volunteers Amelia, Tessa and Freya at KJ, Frey at SC and Teresa at 18+. Welcome to the team!

We are also pleased to welcome Nicola Hodges to the team at KJ as the new Deputy Leader.

## Farewell!

We are sad to say goodbye to Ruth Bright, our Keynsham Junior Club Leader who will be leaving at half term. Thank you for all your hard work and all you have done. You'll be missed.

## Family Disco

Thank you to everyone that attended the Family Disco in August. Everyone that came had a great time dancing the night away and we raised £470.

## Keynsham Juniors Sponsored Dance

Children at Keynsham Junior Club took part in a sponsored danceathon recently to raise money for their club. The children did a variety of party dances including the hokey-cokey, Superman, agadoo, the conga and many more. There was also some free dance including a routine to Disney's Frozen and some break dancing! Well done to all the children involved who did a great job and raised £272 for their club. Special thanks to volunteers Kayleigh and Georgia who not only put all the music together but also danced non-stop the whole night!



## Raise money when you shop online!

With Christmas around the corner, now is the perfect time to get signed up for Give As You Live. Every time you shop online, a percentage of what you spend is donated to us - at no extra cost to you! It is so straight forward and doesn't cost you a penny. Simply go to their website, register, and every time you shop online a red tool bar pops up to ask you to switch it on. You don't get any spam or put on any mailing lists. The address is [www.giveasyoulive.com](http://www.giveasyoulive.com). With Christmas shopping to be done, sign up now and help us raise money just by purchasing your gifts online!



Give as you Live™

## Volunteer Birthdays! September and October

### Happy Birthday to...

Lily Edwards - 9 Sept

Hazel Thompson - 17 Sept

Louise Kidby - 18 Sept

Emily Williams - 18 Sept

Kristy Tyack - 21 Sept

Jess Grose - 24 Sept

Kayleigh Graham - 25 Sept

Harriet Huckin - 2 Oct

Ben Harcourt - 7 Oct (18)

Graham Grout - 9 Oct

Rose Pomphrey (16)

Sam Beech (18)

Steph Sandall - 26 Oct

## Contact Details

### Keynsham Mencap Society

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