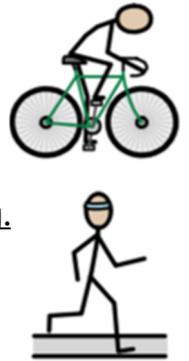


## Sponsored Bike Ride, Walk and Push

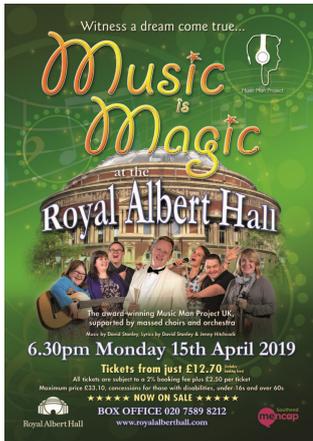
Why not treat yourself to a lovely walk or cycle in the fresh air followed by a free lunch at the Bird in Hand Pub, all whilst raising funds!

Our annual sponsored walk and cycle is back on Sunday 16th September, and everyone is welcome. This is one of our biggest fundraisers of the year and last year we raised over £2500; please help us to beat that amount this year. Contact the office on 0117 986 5659 or email Jane for a registration pack [jane@keynshammencap.org.uk](mailto:jane@keynshammencap.org.uk). You can set up a Local Giving page for online sponsorships and donations at [www.localgiving.org](http://www.localgiving.org). There are no set distances; all we ask is that you come along, raise a little bit of sponsorship and most of all enjoy the day. For those that do want a bit of a challenge then you can still set a goal if you wish.

Starting time is anytime from 10.30, aiming to finish around 12.30 to enjoy some food kindly put on by the Bird in Hand Pub.



## Music Man Project at the Royal Albert Hall!



Some wonderful and exciting news! The musicians from our Music Man Project group have been invited to perform at the Royal Albert Hall in April 2019. We are so incredibly proud of the musicians and they are very excited about this wonderful opportunity.

The Music Man Project started at Southend Mencap and has achieved phenomenal success, including 2 sell out shows at the London Palladium. There are now several MMP groups across Sussex and Hampshire. Our Keynsham group is the newest, having only started in April this year, and is currently the only one in this region.

Musicians from all the groups will be joining together on the stage for a magical night. Over 200 people with learning disabilities will be performing, supported by massed choirs and an orchestra.

The evening will be led by Music Man Project founder David Stanley.

We hope that many of you will want to come and watch the performance. Tickets are available now from the Royal Albert Hall website and cost between £10 and £35. We are organising a coach to and from the venue for family and friends; please contact us for details if you are interested in booking a coach space.

## UPROAR!



A great night was had by all on 13th August as we attended Bath Mencap's Uproar night at Komedia. Uproar is a nightclub especially for people with learning disabilities. There was a live DJ and plenty of dancing.



The event takes place 4 times a year and we are looking forward to returning in November! Thank you to all the

volunteers who helped on the night.

## New Inn Summer Party

On Sunday 19th August the New Inn pub at Farmborough hosted a summer party for us. There was a BBQ, disco and karaoke and over 50 members, along with family and friends joined us for the afternoon. The karaoke was very popular with renditions of favourites such as Grease, Elvis, Queen and Abba. There was plenty of dancing too. Thank you to the New Inn for hosting the party and we look forward to returning in December for the 18+ Club Christmas meal.



## Thank You!

Mr and Mrs White and St Cuthbert's Church who held an afternoon tea party and collected donations for the Society.

Santander for their donation to the Music Man Project, allowing us to purchase more drums and tambourines, plus some glockenspiels.

## Sainsbury's

Thank you to Keynsham Sainsbury's and their customers for whom we were Charity of the Year. The store raised over £700 from collection tins, donations, and in store events.

## Congratulations!

Congratulations to our volunteer Helen Clark and her husband Phil on the arrival of baby Finley who was born on 11th August weighing 7.5lb. Helen and Finley are doing well and we send them lots of love. We look forward to them visiting!



## Send Us Your Christmas Card Designs!

We are planning to sell Christmas cards this year to raise funds and would like the cards to be designed by our members. We have had a couple sent in so far but we would love a few more! The printers have been kind to us and given us some extra time please get your designs in to us by the end of September. Please send your designs to the office.



## Keynsham Town Council Grant Awards

We were awarded a top prize of £1,000 in the Keynsham Town Grant Awards recently. Amanda, our fundraiser along with one of our Ambassadors Kate attended a presentation evening to receive the cheque. Kate gave a wonderful speech to the audience about the Society and the 18+ Club and what it means to her. Great job Kate!



## Volunteer Birthdays! September

### Happy birthday to...

Freya Game (21)

Jacob Baldwin

Tessa Hubbard

Hazel Thompson

Kristy Tyack

Julie Murray

Nicola Hodges

Henry Fairbank (16)



**Have a great day!**

## Welcome!

Welcome to Vicki and Sam at Go Explore.  
Welcome to the team!

## Farewell Mary, and Welcome Lisa

We are shortly due to say goodbye to our wonderful Bookkeeper Mary Melhuish. Mary has worked in the office looking after our accounts since January 2015. Mary is the friendly voice on the phone or warm welcome most of you will know when you have called or visited the office. Mary is retiring and looking forward to relaxing and enjoying long walks with her dog Chester. We have recruited a new Bookkeeper Lisa who will be starting at the end of August. We wish Lisa a warm welcome to the team.

## Queen's Award for Voluntary Service

Would you consider nominating us for The Queen's Award for Voluntary Service?

This is the highest award given to volunteer groups across the UK and we think our team of volunteers deserve it; we could not operate without their dedication and commitment.

Winners get a certificate signed by the Queen and a domed glass crystal. Representatives from the group may also be invited to attend a royal garden party. Any member of the Society or their family can make a nomination. The web address to make a nomination is

[www.gov.uk/queens-award-for-voluntary-service/how-to-make-a-nomination](http://www.gov.uk/queens-award-for-voluntary-service/how-to-make-a-nomination).

Please submit your nomination by midnight on 14 September 2018 so that we are considered for the 2019 awards.



We will have new Mencap branded t-shirts and polo shirts available to purchase very soon. Burgundy t shirts with a large logo, or white polo shirts with our logo on the chest.

Prices will be £8 for the t-shirt and £12 for the polo shirt. You can place a pre-order with the office, just send an email to [jane@keynshammencap.org.uk](mailto:jane@keynshammencap.org.uk) stating which one you would like and the size you require.

## Contact Details

### Keynsham Mencap Society

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E: [info@keynshammencap.org.uk](mailto:info@keynshammencap.org.uk)

Facebook: Keynsham Mencap

Twitter: @keynsham\_mencap