

## Group Holiday in Devon

Some of our adult members enjoyed a week in North Devon, staying in cottages at Westward Ho! The hot tubs were very popular and the group enjoyed the sea views, taking the farm dog Ruffles for a walk and picking some blackberries (that were made in to a delicious crumble!). There was a huge games room and we had a cream tea in the barn. There were days out at the seafront, with amusements and go-karts, amusement parks and animal farms. We had a BBQ and party at the cottages, and visited local pubs in for evening meals. An excellent week had by all! We must say a HUGE thank you to each of our wonderful volunteers Kath, Jemima, Charlotte, Grace, Mel, Georgia and Mike who all helped out across the week.



## Radstock Trip to Activity Centre

The children and young people from our Radstock group had their annual overnight trip to the YMCA activity centre in Botley at the end of August. 10 children, supported by leader Nicky, club volunteers and a parent helper spent two days at the centre taking part in a variety of outdoor pursuits such as canoeing, zip wire and obstacle course. In the evening the group got together around the camp fire for singing and hot chocolate. The trip is always thoroughly enjoyed by the young people who take great delight in the different challenges and activities.



## Annual Sponsored Bike Ride, Walk and Push

On 16th September we took to the Bristol to Bath Cycle path for our annual sponsored event. Starting and finishing at the Bird in Hand pub, over 60 participants either cycled, scooted or walked to Avon Valley Railway Station at Bitton; some went as far as Bath for a longer distance. Once everyone returned to the pub a sausage and chips lunch was provided for everyone, kindly donated by the Bird in Hand. Thanks to landlord Richard and his staff team for welcoming us back once again. Well done to everyone who took part, it's a great achievement to complete the event and thank you for the sponsorship. So far we have raised £1900, and there is still more money to come in. We will keep you posted on the final totals. Thank you to our team of helpers Barry, Niall, Hazel and Nicola who helped out behind the scenes to make sure the day went smoothly.

This year we welcomed some new participants including the staff from the Keynsham Branch of Santander who have been fundraising for us throughout September. We always appreciate support from local businesses and the community whether it is via donations, volunteering or helping to raise awareness.

The weather was perfect and stayed dry for us which is always a bonus. This is always a popular event for our members, friends and families, there are no set distances all we ask is that you come along and do what you feel you can do and more importantly enjoy the day when you meet up with friends. You can see photos from the day on our Facebook page.



## Thank You!

Keynsham and Saltford Wine Circle who held a charity bottle auction.  
Jonathon and Paula Reed for their donation.

## It's Quiz Time!

**Mencap Quiz Night Saturday 11<sup>th</sup> November**  
Quiz Night is back, this time at St Dunstan's Church Hall in Keynsham. Tickets are available now. Teams of up to 6 people can enter, and we promise that the questions will be a bit less challenging this time!  
Call the office on 0117 986 5659 or email: amanda@keynshammencap.org.uk

## Super Saturday Club 10 Year Party

On the 1st November 2008 we launched our Super Saturday Club, offering our children and young people an opportunity to socialise with friends during the weekend. The club was started after a successful bid to BBC Children in Need for funding, and we are fortunate to have received additional funding from their small grants scheme since.  
Super Saturday Club has now been running for 10 years, under the wonderful leadership of Kim Cole who has been at the helm for 8.5 years. We are sure that all the children, and the parents and carers, who have come through the door over the years will all agree that Super Saturday Club is the fun, exciting, and successful project it is thanks to Kim's unlimited energy, enthusiasm and commitment.  
To celebrate this milestone we are hosting a party for all the members, their family, plus our volunteers and supporters.

**Saturday 27th October**  
**10:30am - 12:00noon**  
**Threeways School**

There will be music, coffee and cake and a chance to catch up with friends old and new. There's also a surprise guest! The invite is extended to any past members and volunteers and anyone else who has been involved in the project.



## Volunteer Birthdays! October

**Happy birthday to...**  
Laura Tarbard  
Frankie McDonald  
Holly Rawlings (21)  
George Hodges

**Have a great day!**



## Welcome!

Welcome to Ffion at Go Explore and Georgia at Keynsham Juniors.  
Welcome to the team!

## Mencap T-Shirts

We now have our new Mencap branded t-shirts and polo shirts available to purchase.  
T-shirts in the Mencap burgundy are £8, and the white polo shirts are £12. If you would like to order one please email Jane in the office jane@keynshammencap.org.uk stating which one you would like and the size you require.  
S M L XL 2XL 3XL 4XL



## Grants Received

As you know we are a completely self-funded charity. We have to raise all the money for our clubs and projects ourselves. Our main source of income is through grants from larger funding bodies. We apply to between 10 and 15 grant making organisations every month. This September we were awarded vital funding from community grant schemes from:

- **Quartet**
- **Santander**
- **Aviva**

## SEIB Fund - Please Nominate Us

Please nominate us to be in a chance of winning a massive top prize of £50,000. Imagine what we could do with that! There are also smaller prizes of £15K, £10K, and £2K up for grabs. All you need to do is log on to <https://www.seib.co.uk/giving> and tell them why you think we deserve to win. You can opt out of any subsequent mailings so they won't spam you. You will need to include our charity number which is **275561**.  
The closing date is 30<sup>th</sup> November. Wish us luck!



## Contact Details

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