

## Quiz Night!

**Saturday 11th November. 7:15pm - 10:30pm. St Dunstan's church hall.**

Last few tickets available for our annual quiz night. It promises to be a fun evening testing your trivia and knowledge, and we promise the questions won't be as challenging as last year!

As usual we will have a bar, snacks and a raffle.

Tickets are £5.00 per person for maximum teams of 6 people.

You can contact Amanda to book your team by emailing [amanda@keynshammencap.org.uk](mailto:amanda@keynshammencap.org.uk) or by calling the office.

## Ceri's Marathon Month

Well done to deputy club leader Ceri Lloyd for completing her amazing 4 half marathons in 4 weeks challenge. Ceri had a shaky start to her marathon running; in March this year she was due to run the Bath Half, which was cancelled due to snow. She then decided to raise the bar and run the Bristol Half, Cheltenham Half, and Cardiff Half then finish off with the most challenging of all; The Wales Trail Half Marathon. All of these events took place on consecutive weeks through September and October. After completing the first 3, Ceri was unable to run in the 4th event as it had been cancelled due to flooding.

Not one to be put off easily, Ceri decided to still run the 13.2 mile distance along the Bath/Bristol cycle path instead. She was accompanied by a friend who cycled along with her in the pouring rain.



Ceri was raising funds for us and another charity which is close to her heart and raised over £1000 in total, of which a massive £530 is for us which is amazing. We think Ceri is incredible! Thank you from all at Keynsham Mencap.

## Go Team 'Keynsham Mencap'!

**Bath Half - Sunday 17<sup>th</sup> March 2019**

We have been offered a charity partnership with Bath Half 2019 and have secured a minimum of 10 race places. It would be great to get a team of runners together, as well as plenty of people to cheer them on and give them extra support and encouragement. Please contact Amanda if you would like to be part of our Bath Half Team.

# BATHHALF2019

## Buildings Appeal Update

### Request for Sponsors

We started fundraising for a new building less than 3 years ago, to enable us to continue with our existing projects and further expansion.

We are delighted to announce we are a step closer to achieving our goal; the current buildings fund total stands at just over £94,000, and it's thanks to our supporters for helping us to achieve this. We want to smash the £100k mark by the end of this financial year and we need to raise £6,000 to achieve that!

On Saturday 9th March 2019 we are hosting our 3rd annual Dinner and Auction at the Saltford Golf Club and we are sending out an appeal for sponsorship from local businesses. Their generosity will help to smash the target and put us in a better position to obtain match funding from grant foundations. Much more importantly they are helping to ensure we can continue to provide such a valuable service to the local community. So far we have received support from Persimmon Homes, Taylor Wimpy, Toplink Envelopes, St Monica Trust and Eveleighs Estate agents.

If you know anyone who would like to join these generous businesses and partner this appeal please contact Amanda. We would be very grateful for their support.

## Big Tea Party

Why not join us for our Big Tea Party on Saturday 1st December in the afternoon. The venue is yet to be confirmed so keep an eye out for details. Members will help



serve teas and coffees and we will have a selection of delicious cakes. Come along with your friends for a chance to catch up whilst raising money for the Society.

## Thank You!

Paul and Muriel Roberts who celebrated their 50 years golden anniversary with a big party for friends and family. They asked for donations for the Society in lieu of gifts.

## Keynsham in Bloom Awards

Our members had been working hard during the summer on an area of land in Sherwood Close, after we were awarded funding from the Tesco Bags of Help fund. The members have been involved in a project to make over and improve a public green space. Under the guidance of session leaders Annie Tollafield and Jen Sarginson, along with Keynsham in Bloom and Curo they achieved a fantastic result. Four large wooden planters were built and then filled with a variety of plants and vegetables. They were both decorative and functional, providing a haven for wildlife and producing a crop of strawberries and peas. During the very hot weather we were grateful to one resident of Sherwood Close, Liz Cox, who lent a hand and watered the planters regularly. The members took their newly acquired skills to the RHS Hampton Court flower show where they decorated some of the bikes from last year's bike trail in the community garden category, which was featured on BBC One's Country File. Their hard work paid off as they have just won the gold award and were the overall winners in the 'Young People in Community Groups' category of the Keynsham in Bloom 2018 awards. Ambassadors Paul and Rebecca attended the awards event where they received a certificate, cup and a garden centre voucher. The voucher will be used to purchase bedding plants for the winter season.



## Keynsham Winter Festival

We have a stall at the Keynsham Winter Festival on Friday 30th November. We would be grateful for donations of baked goods for our cake sale or for any prizes for we can use on the tombola stall. Thank you.

## Volunteer Birthdays! November

Happy birthday to...

Richard Rastall  
Tom Harding  
Jason Preston  
Jemima Murray (21)  
Rose Ford  
**Have a great day!**



## Welcome!

Welcome to Amelia at 18+, Rachel at RJ, Tom and Jake at KJ, Lil and Charlotte to SSC. Lots of new faces this month!

## Keynsham Mencap FC

Keynsham Mencap FC attended the first tournament of the season in the Somerset FA Ability Counts league. This year we have entered 3 teams, and all teams played fantastically well, despite the heavy rainfall and windy conditions. The A team look strong in Division 2 and were unbeaten all day! 3 wins and 1 draw. The team played with passion and precision accompanied with fantastic saves from the goalkeeper. The B team played their first game in Division 2 after being promoted last season. The team showed great determination in a tough league with 1 draw and 3 loses. The team consistently improved with each game battling against some strong opposition. The C team played their first tournament in Division 3 and truly showed what football is all about with heaps of fun and enthusiasm. 2 wins and 5 loses on the day but a great attitude from everyone. Keynsham Mencap FC overall had a great start to the season and showed that all their hard work in training is paying off.

## Persimmon Homes Show Home Opening

On 20<sup>th</sup> October two of our Ambassadors, Paul Southard and Andrew Roberts, along with our Fundraiser Amanda, opened the new Show Home on the new Persimmon Homes development 'Charlton Place' in Keynsham. Members of Keynsham Mencap were invited to the ceremony as we have been awarded £1000 through the Persimmon Homes Community scheme, where each month a local charity will receive a sum of money. The money donated to us will go towards sponsoring our 3<sup>rd</sup> Dinner and Auction event which will be raising funds for our buildings appeal and bring us closer to our target of raising £100,000 by the end of this financial year.



## Contact Details

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