

Club25 Holiday to Cornwall

Our last holiday of the year took place this month, with 16 members from Club25 making the most of the Indian Summer with a sunny week in Cornwall. The group stayed at Waterloo Farm cottages near Launceston, where they enjoyed the on site pool and games room, a pizza making night using the fired wood oven and a BBQ. During the day the group visited local attractions such as Trethorne leisure park, Dingles heritage funfair, Milky Way adventure park, the local pool for a swim and a picnic at Silbyback Lake.

A huge thank you to all the volunteers who helped make this week possible; new volunteers who joined us for the first time Chloe, Izzy, Naomi and Molly, thanks also to Georgia who came from London and Jade and Mikey who came for the last 24 hours to help drive everyone home.



Music Man Project Christmas Concert



Tickets are on sale now for the MMP's Christmas Concert, taking place on Saturday 7th December, 7pm at Keynsham Methodist Church Victoria Centre (on the High Street, opposite HSBC). Adults £5 / children free.

Join us for a fun and festive evening of popular seasonal songs as well as some favourites from the Royal Albert Hall concert earlier this year. There will be refreshments and a raffle.

We would like to say a huge thank you to everyone that came along to watch the MMP Keynsham Bandstand performance. The sun shone all afternoon and the musicians sang and played their hearts out to a crowd of over 120 people! Dog walkers and passers by stopped to watch and there was even some audience participation. The audience were very generous as we had over £250 in the collection buckets.



Boccia Coach Wanted

We are looking for someone to run our weekly boccia class for people with learning disabilities. Wednesdays 6:00-7:00pm.

What is Boccia?

Boccia is a game similar to bowls that is played sitting down, making it accessible for everyone. It is a Paralympic sport - and a lot of fun!

Qualifications

You do not need to currently hold a boccia coaching qualification. The rules are very simple to learn and you can coach the game without attending any formal training. The successful candidate will have the opportunity to gain a recognised coaching qualification in due course.

Quiz Night

Our quiz night returns on Saturday 12th October at the Fear Hall, Keynsham. Tickets are available now and we already have several teams entered. Tickets are £7 each, which includes entry to the raffle (with further raffle tickets available to purchase on the night). The maximum team size of 6.

Email amanda@keynshammencap.org.uk or call the office 0117 986 5659 to register your team.



Get your family, friends or a group of colleagues together and pit your wits against our QuizMaster!

Thank You!

Tony Lewis and family, and Sodbury Lodge for their donation from a race day.

In2Sport for running fantastic sports and games sessions at SENSations, Go Explore and Club25.

Niall and Paul for helping with the minibuses.

Planning for the Future Events

National Mencap run a series of seminars for parents and carers of someone with a learning disability to help them prepare for the future when they are no longer around. Planning for the Future events offer simple, jargon-free advice. A solicitor who specialises in this complex area of law and the Wills and Trusts Team will be there on the day, available to answer any questions you may have. The team will be in Bristol in July 2020. These events are free to attend. They are popular and fill up quickly so book early.

Date: Tuesday 21 July 2020

Location: Holiday Inn Bristol City Centre BS1 3LE

Time: 12:30 - 2:30pm.

You can book online at www.mencap.org.uk/pftf

Phone 0207 696 6925

Email willsandtrusts@mencap.org.uk

Welcome!

Welcome to new volunteers Shannon and Sarah at Super Saturday, Laura at Go Explore and Charlotte at Fitness. Welcome to the team!

Christmas Cards

Members and their siblings can create a Christmas picture and have it made into a card this year to send to family and friends.

Packs of 12 cards with your own design will be available for £5. Designs will either be created at club, or you can take a template sheet and create them at home. Template sheets are also available from the office, so you can contact us to request one. Designs need to be submitted to the office no later than the 14th October.

You will then be invited to place your order and cards are then printed to order, maximizing the amount we can fundraise. We anticipate having the cards available by the end of October, early November.

A great way to raise money for the Society!



Sponsored Cycle and Walk

On Sunday 22nd September we took to the Bristol to Bath cycle path for our annual sponsored event. Finishing at the Bird in Hand pub, over 50 participants either cycled, scooted or walked to Avon Valley Railway Station at Bitton or went as far as Bath and back for a longer distance. Well done to everyone who took part; it's a great achievement to complete the event and thank you for the sponsorship. Thank you to Niall, Andrew and Paul for helping on the day; it went smoothly, and this year despite the soggy start to the event we welcomed some new participants. The rain stopped in time for us to eat our lunch; sausage and chips kindly provided by Colin and his staff at the Bird in Hand pub. This is always a popular event for our members, friends and families. All we ask is that you come enjoy the morning when you meet up with friends. We encourage our participants to set their own goals and do what they feel they can achieve comfortably. We will let you know how much we raised once the final total is in.



Tombola Items Wanted Please

We're starting our appeal for tombola items early this year! Please could you send in any unwanted gifts, fancy foodstuffs, chocolates, alcohol, toiletries, toys and teddies for our stall at the Keynsham Festival, or pick up an extra item to donate when doing your weekly shop. Items can be brought to the office, or handed in to your club leader - please mark them as tombola donations.

Volunteer Birthdays! October

Happy birthday to...

Holly Rawlings

Katy Llewellyn (18)

Graham Grout

Have a great day!



Contact Details

Keynsham Mencap Society

44 Bath Hill, Keynsham, BS31 1HG

Tel: 0117 986 5659

W: www.keynshammencap.org.uk

E: info@keynshammencap.org.uk

Facebook: Keynsham Mencap

Twitter: @keynsham_mencap