

## COVID-19 Signposting Service



**Keynsham & District Mencap**

**Signposting Service**

**07792 722471**

- Help and advice
- A friendly phone call
- Practical help

You can be assured that all calls will be handled sensitively and discreetly.  
More information and resources at [www.keynshammencap.org.uk](http://www.keynshammencap.org.uk)

We have set up a signposting service, to help our members and families get any support they need during this time. If you need some help, perhaps with some shopping if you aren't able to go out, or some emotional support such as a friendly voice or a chat, then please do get in touch with us. There are lots of local response teams that have been set up and community groups offering a range of support, and we can put you in touch with these and initiate contact for you. All calls will be handled sensitively and discreetly.

We also have lots of information and resources on our website at **[www.keynshammencap.org.uk](http://www.keynshammencap.org.uk)**

## COVID-19 Support Fund

During the COVID-19 pandemic our clubs are closed, our fundraising events are cancelled and a large number of funders have suspended all grant awards. This means our fundraising has been hit very hard; we've got little income coming in and we've still got some bills to pay.

These are unique times, but we have remained connected with our community and have been overwhelmed with the support we continue to receive. So far during our lockdown we have received almost £2000 in donations; through our Easter raffle, online quiz night and 3 people have taken part in the 2.6 challenge (see over).

We will continue to work on creating more virtual fundraising events that will help keep you and your family and friends entertained and having fun, all while helping to support us. We hope you continue to embrace the new Virtual Fundraising world, and remember, you don't need to leave your house or garden to join in.

We have been asked to hold another quiz, this time so that younger people can also take part. Keep a look out for up and coming details in May.

We need to continue fundraising during this time. We want to make sure we are able to organise some fun activities when we welcome our members once the restrictions have been lifted.

Our online COVID-19 fundraising appeal can be found at **[www.localgiving.org](http://www.localgiving.org)**

## Virtual Fundraising

Thank you to those who have supported our virtual fundraising so far.

Firstly we had an Easter raffle, with 2 giant eggs, kindly donated by Keynsham Lions, and a luxury hamper to be won. Congratulations to the three winners Colin, Andy and Nina.

Secondly we held a virtual quiz night with a live stream on Facebook and YouTube. We had a great response to this with many requests for another one. Our quiz hosts Amanda and her daughter Rosa did a fantastic job.

We believe the team to beat are Handgelica Houston Film Club with a score of 42.

They had set up a pledge with rival family team Winchester & Chiswick Isolation Society for the losing team to donate £20 for every point they were beaten by. With an 8 point difference between them, they kept their world and made a donation of £160! Thank you so much.

As everyone was playing at home and marking their own quizzes, we decided to award a prize for the best team name instead - which went to Lock Down and 2 Smoking Furloughs!



## Thank You!

**iTeam Solutions.** Not only have they been extremely helpful in helping the office staff get set up to work from home, they have also donated £750 from the sale of old computer equipment.

**Co-op Customers.** Your support through the loyalty card scheme in the last 6 months has raised a £692 donation! We will continue to receive donations for the next 6 months, from loyalty card shoppers and carrier bag charges.

**Jane Metters**, who painted a beautiful picture that was meant to be donated as an auction prize, and to **Sheila Cowling** who purchased the painting for £250!

All of our supporters have donated via PayPal.

## Mencap TV

Mencap TV has launched on YouTube with daily videos, featuring people with a learning disability, demonstrating ideas for activities that can be done at home. There is a different theme each day.



- Monday - **Move** with Mencap
- Tuesday - **Cook** with Mencap
- Wednesday - **Create** with Mencap
- Thursday - **Party** with Mencap
- Friday - **Fun** with Mencap
- Sunday - **Chill** with Mencap

Want to make a video to feature on Mencap TV? Get in touch with us!

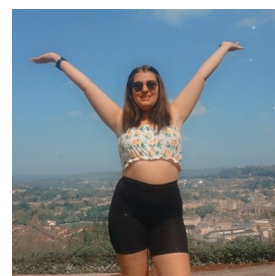
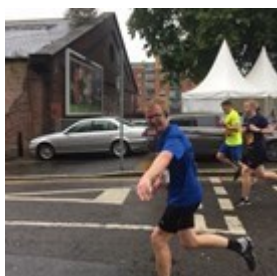
## 2.6 Challenges

Supporter Martin Lewis was due to run the London Marathon this year, but of course it has been postponed to October due to the Coronavirus pandemic. Rather than put all that training to waste Martin decided to take on a 2.6 exercise challenge, and undertook 26 different exercises and athletic activities. Some of the challenges he did are: 2.6 mile run, 26 push ups, 26 sit ups, 26 squats, 26 jumping jacks, 26 burpees, 26 lunges, plus several more. Wow!

Martin isn't the only one getting involved in the 2.6 challenge. Volunteer Holly Rawlings ran 2.6 miles in the heat on Sunday and Club25 member Helen Griffiths walked 26 laps of her garden and played 26 tunes on the recorder including Amazing Grace, When the Saints, Polly Put the Kettle On, Grand Old Duke of York, Daisy Bell and Kumbaya.

Well done everyone; that is amazing!

The 2.6 Challenge is a great way to support charities during this time. People are coming up with creative challenges around the number 2.6 or 26. If you have a challenge in mind you want to take part in let us know! We'd love to see your pictures. Your family and friends can sponsor you on our Local Giving COVID-19 Support page.



## May Volunteer Birthdays!

|                     |                     |
|---------------------|---------------------|
| Vince Meredith (50) | Stella Dowsett      |
| Molly Grierson (18) | Madison Coombs      |
| Naomi Tarrant       | Toby Kempster       |
| Tracey Burton       | Hayley Fynn         |
| Neil Poole          | Richard Barter (50) |
| Kim Cole (50)       | Emma Chaney         |

**Hope you all have a wonderful day!**

## Contact Details

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