

## Update on Club Opening

We are not able to open our clubs just yet, but we are working really hard to look at how and when we might be able to open again, and what changes we will need to make. When we return, club nights might look a bit different than what we are all used to, but we hope this will only be temporary. Our priority is keeping everyone safe. We hope to be able to make an announcement about a return date soon.

## Sponsored Walk and Bike Ride

We're delighted to announce that we will be holding our first outdoor fundraising event of the year. Our annual sponsored walk or cycle event will take place at 10.30am on Sunday 20th September; starting and finishing at the Bird in Hand pub in Saltford.

This is always a great event for bringing together our Mencap members, friends and families to enjoy this outdoor fundraising activity. Walkers and cyclists can set their own goals along the Bitton to Bath cycle path and are rewarded at the end with complementary food provided by the pub.

This will be a great opportunity to get together as a society in a safe outdoor environment that will adhere to current guidelines and raise some much needed funds to help us during these difficult times.

If you would like to register please email [amanda@keynshammencap.org.uk](mailto:amanda@keynshammencap.org.uk) or call the office on 0117 986 5659. We're also looking for a couple of volunteers to help out on the date, please contact Amanda if you can help. We can't wait to see you there.



## Fitness, Football and Picnics in the Park

We have been able to arrange weekly outdoor sessions for Fitness and Football club, taking place at Manor Road playing fields. The sessions are running with reduced numbers and social distancing, but it has been great to see some of our members back and enjoying their weekly exercise.

Club25 and Go Explore members have also been getting together in small groups for distanced picnics in the park, and enjoying seeing their friends again.

We have of course had to rely on the British weather which has let us down at times. We have more outdoor meet ups planned so fingers crossed the weather is on our side!



## Blooming Marvellous!

A couple of our Ambassadors spent some time at Sherwood Close to see to our planters that we had installed there.

We were due to do some work on them at Easter to get them ready for Spring and beyond, but this was obviously put on hold due to lockdown. We are really grateful that 2 of the residents from the close have been helping out during this period by weeding, pruning and planting some shrubs to keep them looking nice.

William, Barry and Suzie were really pleased to see the had been looked after, and enjoyed planting up some more flowers and plants that had been donated by Hilliers Garden Centre.



## Thank You!

**Maureen Milsom** for her donation.

**Julie Anstey** for her donation.

**Steve Owens** for his birthday donation.

**Jane Metters** for her donation after selling a commissioned painting.

## Join Us As a Volunteer!

Although we haven't got a date just yet for when our clubs will return, we do hope it won't be too long, and when that time comes we will need more volunteers to help out.

If you've ever thought about it, now's the time! You'll be fully supported, and we are a fun and friendly team. Volunteers can attend a trial session (once we're open) to get a feel for the club before committing. For more information contact Laura.

[laura@keynshammencap.org.uk](mailto:laura@keynshammencap.org.uk) / 07792722471



## Bath Half 2021

Join our Bath Half 2021 Team! We have successfully applied for 20 charity places for next year's Bath Half, and runners can register now at a bargain early bird fee of just £10. We ask that you can commit to raising £175 in sponsorship. The Bath Half Marathon is one of the longest established and most popular city centre road events in the UK and the largest charity fundraising event in the South West. The route is fast and flat, making it suitable for beginners and more regular runners.

This will be our 3rd year running (no pun), and huge thanks to our 2020 heroes as we raised over £6000 despite the challenges faced with the beginning of the pandemic. In 2021 we hope to beat last year's total.

By being part of our team you will have access to a designated area in the runner's village where you can meet up with the rest of the team, a branded running t shirt to keep, a fundraising pack with tips to help you meet your target, including collection boxes and sponsorship forms, and a member of Team KDMS supporting you every step of the way. Our very own Music Man Project will beat their drums, sing and cheer you on as you run past giving you that extra boost to get to the finish line.

## Auction Update

We have decided to postpone the annual dinner and auction until Saturday 27th March 2021. Thank you to those that will still be attending on the new date.

We understand not everyone we will be able to make it., and we will honour requested refunds for anyone who is unable to commit to the new date; these will be actioned shortly.

We will have more tickets available, therefore if you hadn't booked previously and you would like to join in the fun on our new date please contact:

[amanda@keynshammencap.org.uk](mailto:amanda@keynshammencap.org.uk)

We now have more time to make this an extra special evening raising money for our charity and look forward to welcoming everyone for an extraordinary evening.



## September Volunteer Birthdays!

Happy birthday to...

Tessa Hubbard  
Kristy Tyack (40)  
Julie Murray  
Nicola Hodges  
Ella Taylor



Hope you all have a great day!

## Contact Details

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