

Update on Club Opening

We are working hard to look at how we can open the clubs again, in a safe and Covid secure way. There are a number of factors we need to consider; the staff and volunteers, the different venues we use, and the group size and needs of the members.

Each of our clubs are very different, and we might be able to open some sooner than others. We are doing everything we can to get them up and running soon, and our priority is keeping everyone safe. In the meantime club leaders will continue to arrange Zooms, phone calls, activity packs and door step visits.

Sponsored Walk and Bike Ride

Thank you to all who are taking part in the virtual sponsored walk/cycle. In light of the recent government announcement to limit groups to a maximum of 6 it seemed sensible for us to change our annual sponsored walk and cycle to a virtual one. We are asking participants to complete their walk or cycle in their own time from a destination of their choosing.

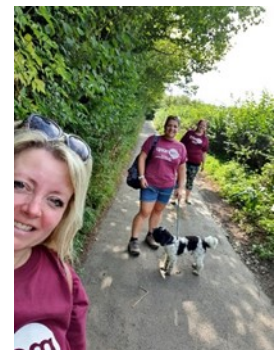
We have set a distance target of a combined 300 miles. That's the distance from Bath to Glasgow (as the crow flies).

Well done to Team Blisters and Plasters who have achieved 183 miles and are still going strong. So far we have achieved a total of 228 miles and £210 in sponsorship. Well done everyone, keep going, only another 72 miles to go!

If you would like to join in, the event runs until 20th October. Perhaps together we could more than double our target distance. All you need to do is set up a sponsorship page on LocalGiving, and get walking or cycling! Send us screenshots from your phone of the miles you have completed and we'd love to see your selfies and scenic photos of your route too.

If you want to sponsor our walkers and cyclists you can do so on LocalGiving, just search for 'Keynsham Mencap', or you can donate via text.

To donate £5, text WALK to 70970. To donate £10, text WALK 70191.



Music Man Project Outdoors!

Last weekend we held an outdoor, socially distanced Music Man Project session. We loved getting some of the musicians together to play and sing together for the first time since we went in to lockdown in March. It was lovely to see everyone and make music together. We even went live on Facebook with our favourite songs, Note by Note and Music is Magic.



Thank You!

Julie Guymer for her birthday fundraiser via Facebook.

Wellsway School for allowing us to hold our outdoor music session on their tennis courts.

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 / 07792722471



Thank You Grant Funders

With activities enjoyed by our members at the club setting ceased, and our fundraising efforts compromised, we made a commitment to remain operational and so we innovated on our usual services to offer engaging activities for all our members. These activities would not have happened if it wasn't for the generosity of our supporters; among our army of supporters within our community we also had a great response from some major grant funders including Children in Need, Sport England, Quartet, Comic Relief and the National Lottery Community Fund who have awarded us grants that have been crucial during this challenging time.



October Volunteer Birthdays!

Happy birthday to...

Holly Rawlings

Katy Llewellyn



Hope you all have a great day!

We Need You!

We are looking for enthusiastic people with a range of expertise and commitment to join our board of trustees and help us continue to provide essential support to our members and Mencap 'family'.

Our volunteer trustees are essential to our achievements and the successful running of our clubs. Do you have the skills and experience to be part of our board of trustees? If so we would like to hear from you. To find out more about the role and application process please contact treasurer Russell Pocock russell@keynshammencap.org.uk.

KTCR Interview

Our fundraiser Amanda enjoyed chatting on Keynsham Town Community radio, discussing how the pandemic has affected us and how gaining funds has been a challenge. You can hear the interview on their website www.ktcrfm.com/listen-again/ and look for the Good Morning Saturday 22nd August slot.



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. 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 and cheer you on as you run past giving you that extra boost to get to the finish line.

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