

Fitness For All and Boccia Clubs Reopen!

We're really pleased that we have been able to open our Fitness For All and Boccia clubs and we've loved welcoming the members back. We've made some changes to ensure we are running the sessions in a COVID safe manner, and everyone has adapted to these changes brilliantly.

We currently have spaces for 2 new players to join our Boccia group; please contact us for more information.

We're working hard to open more of our clubs and services as soon as we can, and we hope to have more open in the coming month.



Sponsored Walk, Run or Cycle

Thank you to all who took part in our virtual sponsored event; a slightly different approach this year and you still made it a successful one. As we couldn't run our event as a large gathering in a public place, we challenged ourselves to travel a combined distance of 300 miles instead.

40 people took part and smashed that target and helped us to achieve a total of 450 miles.

The sponsored walk cycle event is one of our biggest fundraising events of the year and we rely on those funds to keep operational. COVID-19 has had such a huge impact on us and as yet we still can't see a time when it will be safe to open up some of our clubs. Our members still need our help and support and the only way we can continue to help is to raise money that will pay to keep our COVID safe (virtual) activities going.

Well done on the distance you travelled and the money you raised. This event has so far collectively raised over £700 for us.



Six Months of the Pandemic

Our dedicated staff and volunteers have continued to do an amazing job in reaching out to our members during this challenging time. They have achieved so much over the last 6 months and have definitely gone that extra mile! We thank all everyone for their support. We aren't at the end just yet; and we pledge to carry on and will keep doing what we do best.

6 months of the pandemic



Join Us As a Volunteer!



Although we haven't got a date just yet for when some of 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!

Lorraine Fox for her donation

Haylee Fynn - her employer made a donation through their staff volunteering scheme in lieu of the volunteer work Haylee does for us

Jason's Latest Fundraising Endeavor!



Our supporter Jason Preston has been at it again, raising money for our Radstock group with another event. Sadly this had to be slightly smaller than planned, but he arranged for 8 participants to cycle from Radstock to Bradford on Avon

and back, and together they raised £250 for the club. This will be used for activities for the children to enjoy. Thank you to Jason for organising another event to raise funds, and well done to all those who took part.



Doorstep Visits for Holiday Members

This September, 16 members of Club25 should have been heading down to Cornwall for a weeks holiday. The annual holidays are much anticipated, thoroughly enjoyed, and for many the highlight of the year. We were all disappointed not to be able to go; staff and volunteers too!



Club25 leader Philippa was out and about during the week to visit the members that should have gone, to deliver a holiday activity pack instead. The goody bags contained activities, art and craft, games, and some sweet treats, all with a summer holiday theme. We hope the members enjoyed their packs, and we look forward to more holidays together safely soon.

Community Pocket Park Garden



We were honored to be asked to be part of the Pocket Park Project; helping to turn a disused and overgrown area in to a beautiful space in memory of Dee James. Dee was a local resident, Chair of Keynsham in Bloom and South West in Bloom judge. Dee worked with us when we set up our planters in Sherwood Close, and arranged for some of our members to be involved in a community garden project at the Hampton Court Flower Show. Ambassadors Barry and Suzie were keen to help, and planted up the decorative troughs with alpines and succulents.

ChoirShow - Virtual Choir Show Fundraiser

On Sunday 1st November at 7.30pm a fantastic virtual concert hosted by Matt Finch (MyPubChoir) will be available to watch via YouTube. It is the second CHOIRSHOW of the year; the first Choirshow was held in July, starred over 250 singers from 13 choirs and raised over £1000 for charity.



CHOIRSHOW
Virtual Choirs Singing Together

This CHOIRSHOW will be raising funds for our Music Man Project and will include virtual choir performances from a number of local choirs including: Lightning Arts Virtual Choir, The Great Day Choir, Sharnbrook Community Choir, Bath Light Operatic Group, ChoirJam, Cantamus Chamber Choir, Welcome Chorus Choir, Rolling Harmony, Cheltenham Children's Choir, Silver Ring Choir, Jazz Choirs, Bristol Military Wives Choir and interval music by Abigail Moore.

This is guaranteed to be a wonderful evening of song; for more information and how to purchase your tickets, go to www.eventbrite.co.uk/e/choirshow-tickets-117232638979

November Volunteer Birthdays!

Happy birthday to...

Philippa Joyce

Abi Elford

Jemima Murray

Rose Ford (21)



Hope you all have a great day!

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