

HAPPY NEW YEAR!

Well 2021 didn't quite get off to the start we had hoped, with news of another lockdown. This obviously means that our plans to reopen some of our clubs are on hold again, until it is safe to do so. We'll carry on staying in touch with our members by post, phone, and by organising online and virtual activities. We have lots of new ideas we'll be bringing you over the coming weeks.

New Year...New Challenge...?

We can still keep ourselves motivated and set new challenges for the new year; imagine that warm fuzzy feeling when we achieve beyond our wildest dreams and smash those goals! Why not take on a new physical challenge like Jason Preston, who is virtually cycling the distance from Lands end to John O'Groats! Publish a book of poems like Val Rowels did during Lockdown1. Are you thinking of quitting something? Maybe the money you save could be donated to us? Take on a family challenge and get everyone involved. Host an online event with friends and colleagues. The ideas are endless... (we love the crazy ones too!) and to get a little bit of sponsorship along the way; well, that's a bonus! We still have spaces for the BathHalf in Sept too! So, are you in?



Laptops and Tablets Needed

We are collecting old laptops or tablets so that we can help get more of our members connected to our virtual activities whilst we are not able to run our clubs.

The laptop or tablet needs to be in good working order, no more than 7 years old, and preferably wiped before they are donated. We can arrange contactless collection if you have one you can donate.



Boredom Busters!

Don't forget we have a number of games and toys from our clubs that you can borrow to use at home. They will be cleaned and sterilised before use and we can arrange contactless doorstep delivery. So if you want something different to keep busy during lockdown get in touch.



Zoom Fitness

Our sports and fitness coach, Dean, is now running fitness sessions via Zoom, every Monday evening at 7pm.

Our very own Joe Wicks! The sessions are for all abilities and anyone who is a member of the

society can join in, even if you don't usually attend the weekly club.

Please get in contact with Laura or Dean for the Zoom code.



Weekly Cooking Demo

From 16th February join us every Tuesday at 2pm on Facebook or YouTube for a cooking video from one of our staff or volunteers. They'll be making different recipes each week; wraps, pizza, shortbread, flapjacks, scones and more. The videos will remain on our page for you to watch again at a later time, and we'll be posting the recipe alongside the video.



If you do make any of the recipes we'd love to see pictures! Is there something you want us to make? Let us know, and maybe we'll feature it!

Thank You!

Toplink Envelopes for your donation

Everyone who donated to our Christmas Appeal

Everyone who has voted for us for various
Charity partnerships

Please Vote For Us

We could win some money for our charity.
It only takes a few minutes. Imagine what a
great boost to the start of the year this would
make. All you need is our charity number which
is 275561 and our website.

www.keynshammencap.org.uk.

Visit this website to cast your vote:

<https://www.seib.co.uk/about-us/seib-giving/>



Music Man Project Virtual Sessions

There is a weekly schedule for Music Man Project sessions, that are being delivered by different regional tutors.

These sessions are for anyone to join in, even if you don't normally attend a MMP group.

Mondays at 11am: Zoom session with Sarah Mann, Kent (Zoom Code 735 650 6578)

Mondays at 4pm: Zoom "social" with Jenny Hitchcock, Essex (Zoom Code 735 650 6578)

Tuesdays at 11am: Live Facebook session with David Stanley, Essex (Live on the Music Man Project UK Facebook page).

Wednesdays at 4pm: Zoom session with Sarah Mann, Kent (Zoom Code 735 650 6578)

Thursdays at 11am: Zoom session with David Stanley, Essex (Zoom Code 735 650 6578)

Thursdays at 1pm: Zoom session with Val from MMP Hampshire (Please contact us for the code).

Fridays at 4pm: Live Facebook session with Jenny Hitchcock, Essex (Live on the Music Man Project UK Facebook page).



#MMPWired

Christmas Appeal

Wow! Thank you for your generosity we have raised over £1000 during our Christmas donations appeal which took place across our social media, in the press and online.

The appeal finished with the online Music Man Project concert, raffle and poem reading.

We received very generous food donations from Tesco Keynsham and Brislington and Keynsham Sainsburys, so we were able to provide two great hampers as raffle prizes.



Raise Free Funds by Shopping Online!

Don't forget when you hit those online January sales remember to shop via

www.giveasyoulive.com or

www.smile.amazon.co.uk.

Doing so will generate donations for us, at no extra cost to you!

amazonsmile
You shop. Amazon gives.

Free Easy Read Resources

Mencap have produced a number of easy read resources about the new lockdown rules and about the vaccine.

There are also a number of other guides including social distancing, using public transport, mental health and well being.

You can download these from the Mencap website. Click on the Coronavirus tab at the top of the screen.

www.mencap.org.uk

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