

A YEAR OF COVID

The month of March marks the one year anniversary since the UK went in to lockdown, and our clubs and services had to close. We made a commitment to our members that we would continue operating and offering alternative activities during the lockdown period.

We don't think anyone expected it to go on for so long!

We've had zoom sessions with a variety of different activities including quizzes, scavenger hunts, talent shows, race nights, virtual baking, discos and much more. We've sent out activities for members to do at home, kept in touch through phone calls and FaceTime, we've done doorstep visits and when restrictions allowed we arranged socially distanced fitness sessions and picnics in the park. We even had a socially distanced Christmas meal!

You can see a video of all the things we've done over the last year in our film 'A Year of Covid' which can be viewed on our YouTube channel and Facebook page.

We think our members have been fantastic over the last year and adapted so well to all the changes and restrictions. We sent all of our members a certificate to say WELL DONE for coping with everything the last year has brought.

Thank you to Holly for putting the video together, and thank you to all of our incredible club staff and volunteers for facilitating these alternative activities over the last year.

Keep going everyone. Stay safe and we'll see you soon!



Clubs Re-Opening Update

With the latest announcement from the government and the 'roadmap' out of lockdown, we are making plans to re-open our clubs as soon as we are able to!

We are liaising with our venues about when we can return, in line with the new guidance.

So far we have dates for the following clubs:

- Go Explore - 14th April
- Club25 - 15th April
- Radstock - 20th April TBC
- Super Saturday Club - 24th April
- Fitness for All - 17th May
- Football - 18th May TBC
- Boccia - 19th May

Please bare with us as we continue to make plans for our remaining clubs to reopen as soon as possible. We'll be writing to / emailing members with full details for each club shortly.

ANNUAL MEMBERSHIP RENEWAL

You will shortly be receiving your annual membership renewal.

Please make sure you complete the form and return it to the office, along with your membership fee, as soon as possible. You will not be able to attend any of our activities or clubs in person until you have renewed.



Round the World Challenge

We're launching a new project, in conjunction with national Mencap, called 'Round the World Challenge'. The project is to help people with learning disabilities to get more active and take part in new sports and physical activity. The challenge is to take part in a set number of hours of exercise through the year. Every 1 hour of exercise is equal to 1 mile.

There are 3 routes to choose from:

- UK Route: 20 hours
- Europe Route: 40 hours
- Round the World: 100 hours

Members that take part will receive t-shirts, a 'passport' and certificates. Contact the office to request a registration form if you would like to take part.

Types of activity you can include are: walking, running, swimming, yoga, aerobics, dance, yoga, football, rugby, cycling...the list is endless! Some of the activities and sessions will be organised and facilitated by the Society. Some of them will be run by our coach, Dean Fitton. We will also be arranging to join up with other local groups to offer different activities that you can log as part of your journey. You can complete some of the challenge independently too (at home, with family or support workers for example).



Thank You!

Sainsbury's for their donation
Niall Tomlins for his continued support to look after our minibuses
Holly Rawlings who has been helping us out with our social media content

Thank
you

Lands End to John O'Groats for Jason and Nick

Both Jason Preston and Nick Look continue their fundraising challenge of cycling the distance of Lands End to John O'Groats.



Jason is cycling the equivalent of the distance around the local area in between working full time. He raising funds specifically for clubs that are close to his heart: Radstock Juniors and Super Saturday Club.

<http://easydonate.org/BIKE>

To donate £1, text BIKE to 70201

To donate £3, text BIKE to 70331

To donate £5, text BIKE to 70970

To donate £10, text BIKE to 70191

Club25 member Nick has almost finished his journey, and so he's decided he's going to cycle the distance back too. Nick is cycling at home on his exercise bike and is cycling roughly 30 miles a day. He says watching James Bond films whilst he's cycling helps him keep going!



So far he has raised £4690, let's help him get to £5000!

<http://easydonate.org/NICK>

To donate £1, text NICK to 70201

to donate £3, text NICK to 70331

To donate £5, text NICK to 70970

To donate £10, text NICK to 70191

Join Our Team!

Staff Vacancy for Deputy Play Leader

As we make plans to reopen our clubs, we are recruiting for a deputy for our SENSations children's group. We are looking for someone dynamic and enthusiastic to help plan and deliver activities at our twice weekly sessions in Keynsham.

5 hours a week, term time.
Tuesday & Thursday
5:30 - 7:30pm, plus
additional paid time to
assist in the preparation of
the session and activities.



To request a copy of the job description, an application form, or for more information please contact Laura on 07792 722471 or by emailing laura@keynshammencap.org.uk

Molly's Raffle

There is still time to purchase tickets for Molly's fundraising raffle on 10th April. Lots of great prizes including hampers, vouchers and more. You can purchase your tickets online at:

<https://localgiving.org/fundraising/RaffleforMencap/>

Don't forget to leave your name so we can contact you if you win!

Summer Picnic and Get Together!



Once all the restrictions have been lifted and it is safe to do so, we are planning a great big get together for all of our members and families.

We cannot wait to all be together and to see everyone, to catch up with you all and to celebrate the end of lockdown.

We had hoped we would do this last summer but the restrictions went on far longer than we imagined, so fingers crossed we can celebrate together this summer instead. Keep an eye out for future updates as this progresses. We hope to see you all there!

Contact Details

Keynsham Mencap Society

44 Bath Hill, Keynsham, BS31 1HG

Tel: 0117 986 5659

Mob / Text: 07792 722471

W: www.keynshammencap.org.uk

E: info@keynshammencap.org.uk

Facebook: Keynsham Mencap

Twitter: @keynsham_mencap