

Abseil Challenge - Last Few Slots!

Do you fancy taking on a challenge this spring? We're organising a sponsored event abseiling down the tower of St John the Baptist Church in Keynsham on Saturday 7th May.

The registration fee is £25 per person, with a suggested sponsorship of £100.

Places are filling up fast! You can book online at TicketTailor website:

<https://buytickets.at/keynshamdistrictmencapsociety/656302>

Email amanda@keynshammencap.org.uk if you have any queries.

If you don't fancy taking on the challenge please do still come along on the day. Show your support for the brave people taking part and there will be a few stalls, cake sale and raffle too.



Music Man Project to Perform at Ukraine Fundraising Concert

Our Music Man group have been asked to perform as part of a fundraiser for Ukraine.

The event will see a number of bands and choirs perform throughout the day.

We will be performing at Bath Bandstand in Victoria Park (opposite the Royal Crescent) at 12noon on Saturday 7th May.

Do pop along to watch!



Music Man Project



Join our Team!

We are recruiting for the following positions:

Club25 Leader

Club25 is a social group for adults; it runs on a Thursday evening in Keynsham.

We are looking for someone dynamic, creative, with a positive can-do attitude.

The role includes planning and delivering activities and overseeing the weekly club nights.

Piano Accompanist

We are looking for a piano accompanist that can attend our Music Man Project rehearsals on a Saturday morning, and play the piano for the members to sing and play along with.

To request an application form please email laura@keynshammencap.org.uk



Jubilee Disco

Join us on Friday 3rd June for a red, white and blue theme disco to celebrate the Queen's Jubilee. Age 18+. We've got a disco, bar, buffet and a raffle. Come in fancy dress if you like.

7:00 - 10:30pm. Masonic Hall in Keynsham (BS31 1SR). Free car park on site.

Tickets are available from the office now and cost £10. Carers go free. You can pay on the door, but please reserve a ticket in advance if you can so we know approx. numbers.

This event is open to all adults with learning disabilities even if they aren't members of the Society, so please let your friends know and invite them along!



We Want to Hear From You!

National Volunteers Week is coming up soon, an opportunity for us to say thank you and to celebrate our wonderful volunteers.

Did you know that we have over 80 volunteers across all of our different clubs!

We'd love to hear from you if there is a particular volunteer, or a moment that stands out for you. We want to share stories from our members about the small things that make a big impact. We will share your comments and stories on our social media pages.

If you have a story, memory or special moment you want to tell us about please email: laura@keynshammencap.org.uk

Membership Reminder!



If you haven't already done so, please make sure you return your signed membership form back to the office as soon as possible, along with your membership fee. You can pay this by cheque, cash or bank transfer. If you need another copy of the membership renewal please let us know.

Thank You!

Waitrose for their recent donation and cheque presentation.

Alan Hale for the donation towards our minibus costs.

Coventry Building Society who held a raffle in branch to win an Easter hamper.

Fitness Club New Home

Our Fitness for All group have expanded so much that they have outgrown their venue, and subsequently have now moved to a new hall at Wellsway School.

We have more members wanting to join too, but we need more volunteers that can work with the coach to help deliver the activities. Please share this with your contacts, and get in touch if you'd like to give it a try. It's great fun!



Easter Celebrations

Our different clubs have all been busy these past couple of weeks with Easter themed activities.



From making Easter cards and decorating bonnets, to making Easter egg cheesecakes, egg hunts, planting bulbs and a Spring disco! Hope you all had a lovely Easter.



Volunteer Birthdays for April

Happy Birthday to...

Chris Roy

Vince Meredith

Naomi Tarrant

Tracey Burton (60)

Neil Poole

Kim Cole

Stella Dowsett

Toby Kempster



Have a great day!

Welcome

We'd like to say hello to new volunteers Megan at SENSations and Jess at Super Saturday Club. Welcome to the team!

We're also pleased to announce that Vicky Burford has been appointed as Deputy Leader for our Go Explore Club. Vicky joined the Society in October as leader at SENSations and will now be working with Laura Barber with our young adults too.



More Skydiving Excitement!

Well done to our latest 5 skydivers who all took on the challenge of their lives and jumped out of a plane at 15000ft, the highest altitude you can go without needing an oxygen mask! They free fell for a whole minute at 160mph. An amazing £3000 was raised for this event. Thank you Cass, Ben, Emma, Laura & Jemima!



Our next event will be late September please message us if you would like to take part in this thrilling activity. Everyone who has done has really enjoyed it!



Contact Details

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