



Keynsham Mencap Newsletter



Keep updated with all of our latest news

February 2024

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Abseil News



Saturday 20th and Sunday 21st April 2024

WOW! A huge thank you to everyone who has signed up for our abseil event this year. The event is so popular we arranged to open up some more slots on Sunday too.

We have 54 people taking on the challenge which is just phenomenal.

Still want to take part? We have 6 slots left! You can book your slot [here](#). Registration is £25, and we ask for a commitment to raise £100 in sponsorship.

If you prefer to keep your feet firmly on the ground, perhaps you could help us on the day? We need volunteers at the registration desk, and running our stalls.

Do come along to the event if you can. Show some support to our brave fundraisers and cheer them on as they make their way down the church tower. There will be refreshments, a cake sale, face painting, music, tombola and raffle too.

If you would like to sponsor a participant, or make a donation to the event, you can do so on our dedicated event page [here](#).

PARTICIPANTS!

- Have you set up your fundraising page yet? You can set one up on [LocalGiving](#). If you've used another platform such as JustGiving or GoFundMe that's fine too!
- You can download a paper sponsorship form from our website [here](#).
- Want to add a QR code? They're so easy to create. There are lots of free websites that can do this for you. We tend to use [this one](#).



Mencap Dinner and Auction 2024

Unfortunately we have run in to a couple of hiccups with this event. We know lots of you are interested in attending which is super, and we are thrilled with the response so far. As soon as we have an update we will be in touch. Please bear with us!



Royal Albert Hall Update

It really isn't long now until our superstar musicians head to London for a magical night performing at the world famous and iconic Royal Albert Hall. They have been working and rehearsing hard and they are sounding great!

David Stanley, founder and CEO of the Music Man Project, recently visited a rehearsal and the musicians were pleased to be able to demonstrate all they had achieved so far. David commented that they were all a credit to us, and we couldn't agree more!

The musicians and a team of staff, helpers and volunteers will be heading to London for 3 days in April, with the performance taking place on Monday 8th. They will be on stage with all other regional Music Man Project groups from across the UK; that's over 250 musicians with a learning disability performing together. Also joining on the night is The Band of HR Royal Marines, and West End star Michael Ball. It's going to be magical!

You can buy tickets for the performance [here](#). We are organising a coach on the day for family, friends and supporters so if you would like to book a place please contact us.

We have launched a fundraising campaign to help us raise the last few pounds to cover travel and accommodations costs.



If you would like to donate to the appeal you can do so [here](#).

Join Our Team



Staff Vacancies

Super Saturday Club Play Leader

Can you create fun activities for children and young people with additional needs? Could you plan and deliver indoor and outdoor activities for the children, ensuring a safe and encouraging environment?

We have a vacancy for a Play Leader for our Super Saturday Club based in Bath.

This is a 6 hours per week role, term time only with 3 hours on a Saturday 9.30am to 12.30pm plus 3 hours paid preparation time.

£12.61 per hour based in Bath.

Club 25 Leader

Plan, prep and deliver a weekly activity at Club25, our social club for adults. We are looking for someone who is well organised, with attention to detail and a genuine desire to improve the lives of people with a learning disability.

This role would suit someone who has experience of working with people with learning disabilities previously. Team leading experience and an ability to drive would be a strong advantage.

This is a 6 hours per week role, with 3 hours on a Thursday 6:45pm to 9:45pm, plus 3 hours paid preparation time.

£12.61 per hour based in Keynsham.

Go Explore Deputy Leader

We are looking for a deputy leader that can work with the leader to deliver activities. You will help up with setting up, supervising and monitoring the volunteer team, be jointly responsible for the health and safety and wellbeing of the members, and ensure that the group are having the best possible fun!

This is a 3 hours per week role. Wednesday evenings 6:30-9:30pm.

£11.44 per hour based in Keynsham.

Music Club Deputy Leader

We are looking for a deputy leader that can work with the leader to deliver at our music club. You will help up with setting up, teaching and leading the group, and assisting at performances.

This is a 3 hours per week role. Saturday mornings, 10am - 1pm.

£12.75 per hour based in Keynsham.

WORK FOR US!
WE HAVE 4 OPPORTUNITIES TO WORK AT OUR LEARNING DISABILITY CHARITY

SUPER SATURDAY CLUB LEADER

- Plan and deliver a weekly activity session at our children's club
- Paid preparation time to plan
- Saturday mornings, term time only
- Based in Odd Down, Bath

SOCIAL CLUB LEADER

- Plan and deliver a weekly activity for adults with learning disabilities
- Paid time preparation to plan
- Thursday evenings
- Based in Keynsham

SOCIAL CLUB DEPUTY LEADER

- Assist at our weekly social club for young adults
- Wednesday evenings
- Based in Keynsham

DEPUTY MUSIC LEADER

- Assist in the delivery of our music club for adults
- Saturday mornings, plus occasional performances
- Based in Keynsham

MORE DETAILS AT KEYNSHAMMENCAP.ORG.UK

local mencap
 Keynsham and district

Apply online for the above positions [here](http://KEYNSHAMMENCAP.ORG.UK).

Volunteer Roles

Football

Tuesday, 7:00 – 8:30pm, Broadlands School, Keynsham

Under the guidance of the coach, support and encourage the players with their training and exercise. The team play in monthly disability tournament fixtures.

SENSations

Tuesday and / or Thursday 5:30 – 7:30pm, Keynsham

Helping to deliver fun activities for the children and young people. Providing general help and supervision. Playing and interacting with the children.

Club25

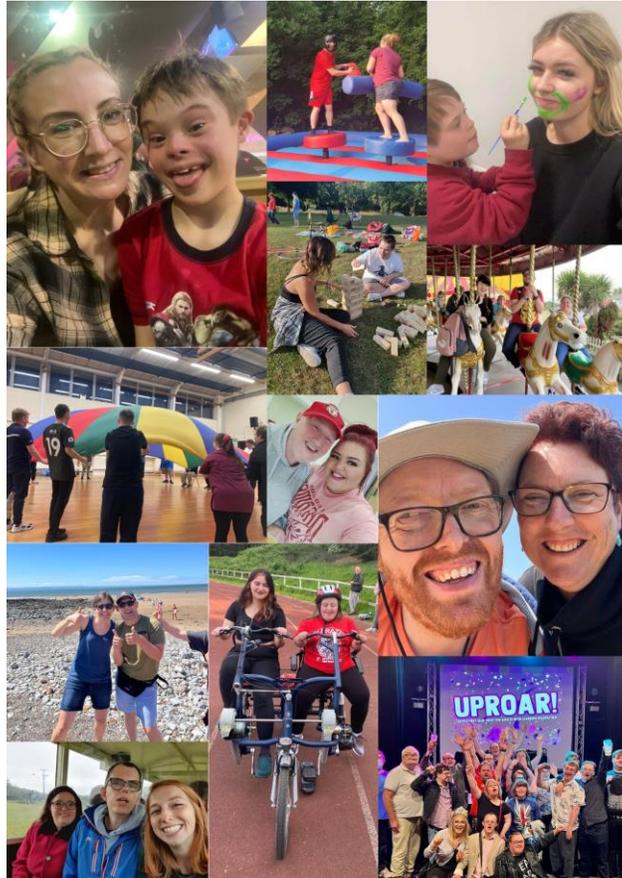
Thursday 7:15 – 9:30pm, St Dunstan's, Keynsham

Helping to deliver fun activities for the members. Weekly trips out for small groups in the community. Helping to set up, provide general supervision and company for the club members.

Super Saturday Club

Saturday, 10:00 – 12:00, Aspire Academy, Bath

Helping to deliver fun activities for the children and young people. Providing general help and supervision. Playing and interacting with the children.



You can apply for a volunteer position [here](#).

Bingo and Boogie



This month we held our first Bingo & Boogie event which was a huge success! We wanted to try something a bit different and it was certainly popular, and raised £750. This is a superb amount and we are thrilled.

We had 5 rounds of bingo with cash prizes in each round, followed by a raffle, before ending the night with a boogie, courtesy and DJ Barry and Assistant Suzie.

A huge thank you to everyone that came to support this event.

We'll be doing this event again later in the year so look out for more information.

Boccia Club - Places Available

Did you know we run a weekly Boccia Club? We have lots of spaces and would love to welcome some new players.

Boccia (pronounced like bot-cha), is a game similar to boules, but played sitting down, so it is inclusive for all abilities. It is a Paralympic sport. It's a fun game and a great way to enjoy some gentle exercise.

Our Boccia Club meet on a Wednesday evening, 6:00-7:00pm at Wellsway School in Keynsham. The sessions are run by the excellent Nova Sports & Coaching. We have taken part in Bath Boccia League against other teams too.

Contact us to arrange a free taster session.



Keynsham Mencap FC

Keynsham Mencap Football Club had their latest league fixture on the 18th February. Unfortunately without our coach Dean, but a huge thank you to the volunteers and parents who made all the arrangements for the team to still participate.

A Team are still learning in the higher Championship, but once again impressed at the higher standard, and improved greatly each game. Registering our 1st win closely followed by our 2nd!

Player of the Tournament was awarded to Jason Hicks for his confident defensive performance and calming influence.

B Team performed strongly despite yet another change of players this time out.

Goals were in short supply with 2 defeats failing to score, but managed a 0-0 draw followed by an impressive 3-1 against the HUB All Stars.

This was our 1st win this season, so a great performance to build on next time out.

Dean Cole was Player of the Tournament for his energetic, reliable defensive performance.



Write up by volunteer coach David Bawdon

3 Ways to Help

There are lots of ways you can support us and our work. Here are 3 simple things you can do this month.

→ Follow us on Social Media.

Use this [LinkTree](#) to find all our channels and pages and give us a follow. A simple like, comment or share on any of our posts really helps boost our reach so please do interact with our pages as much as possible.

→ Become an Event Volunteer

Would you be able to help us out at events, from as little as once a year? We are looking to establish a team of volunteers specially for events that we could call on when we need help. This could be on the welcome desk at an event, selling raffle tickets, running a stall, helping with refreshments, or marshalling an event. Our fundraiser Clare will add you to a database of people we can contact directly to ask when we have an event coming up. If you can't make a particular event, that's absolutely fine, there's no minimum commitment. Use this [simple form](#) to sign up.

→ Make a Monthly Donation

Make a regular monthly donation and help us to cover core costs. Paying directly in to our bank is the most efficient way to give. This means there are no fees charged, and you are in complete control and can amend or cancel at any time.

CAF Bank | Account Number 00012264 | Sort code 40-52-40

We would appreciate as little as just £1 monthly standing order from you. It may not be enough for you to notice, however it really does all add up for us. If you feel you could give more, that would be AMAZING! We welcome long-term and regular income streams, which help us to plan our expenditure.

KEYNSHAM MENCAP NEEDS YOU!



Staff & Volunteer News



Welcome!

Welcome to our new volunteers - **Lucy** at Club25 and **Holly** at SENSations.

Happy Birthday!

Volunteer birthdays for February and March:

- Alicia Powell
- Jack Bamfield
- Charlotte Stenner
- Gary West
- Jacqui Dallimore
- Olivia Metters

Have a great day.



Thank You



Thank you this month to:

- Saltford Morning Womens Institute for their donation
- Nick Dewfall and Nova Sports for covering our Fitness for All sessions
- Dave Bawdon for organising this month's trip to the football league and for covering training sessions
- iTeam, for their ongoing technical support with our IT (we highly recommend them!)

Contact Us



You can get in touch with us the following ways:

Keynsham Mencap

44 Bath Hill, Keynsham, Bristol BS31 1HG

0117 986 5659

Laura Jefferies, Operations Manager laura@keynshammencap.org.uk

Clare Anderson, Fundraiser clare@keynshammencap.org.uk

General Enquiries info@keynshammencap.org.uk

Visit us on the web at www.keynshammencap.org.uk

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