

EBR MENCAP

SUMMER NEWS



WELCOME

Welcome to our latest EBRM newsletter!

It's been a busy few months across our clubs and groups, with members enjoying a wide range of activities, social events, creative projects, community involvement and plenty of opportunities to make friends and have fun.

Thank you to all our members, volunteers and supporters who help make EBRM such a welcoming and vibrant community. We hope you enjoy reading about what we've been up to since our last newsletter.

CLUB NEWS

ACTIVE CITIZENS

Our Active Citizens group has been busy both in the community and at their usual base in the Scout Hut.

Members enjoyed a litter-picking walk around a local park in the lead-up to Earth Day, helping to keep our community clean and tidy while enjoying the outdoors. The group was proud to be making a positive difference and has set itself a goal to continue helping keep Eastleigh's streets clean.

More recently, members enjoyed a relaxing day of crafts, diamond art and jigsaws while spending time together and enjoying each other's company. The session provided a great opportunity to socialise, be creative and unwind in a friendly atmosphere.



CLUB NEWS CONT...

FLAGSHIP ART CLUB

The Flagship Art Club has been working on a fascinating project inspired by Captain Arthur Rostron, the captain of the RMS Carpathia, who rescued survivors from the Titanic disaster in 1912.

Members have been exploring different artistic techniques and themes linked to the Titanic story, including creative ways to represent icebergs through art. The project has sparked lots of discussion, imagination and creativity, and we look forward to seeing the finished pieces.

We also celebrated the achievements of several talented artists through individual exhibitions at the Hilldene Centre. So far, we have seen displays from Mark, Billy and Annie. Keep an eye out on our Facebook page for future exhibitions.



CLUB NEWS CONT...

WEDNESDAY CLUB

Wednesday Club has continued to offer fun-filled evenings packed with activities, quizzes, games and friendship.

Recent themed evenings have included a Mexican Night, where members and volunteers dressed up, enjoyed delicious nachos and dips, took part in a Mexico-themed picture quiz, word searches, bingo and a raffle.

July saw a World Cup-themed evening with more fun, including football quizzes, penalty shoot-outs and the chance to wear your favourite football shirt.

The club remains one of our most popular social evenings, bringing people together to enjoy good company and plenty of laughter.



CHILL OUT CLUB

Chill Out Club continues to be a welcoming and relaxed place for members to catch up with friends and share news.

Recent evenings have seen members discussing holidays, concerts, football tournaments, upcoming birthdays and exciting plans for the summer BBQ. We were delighted to welcome back former members and new faces alike.

The ever-popular "Hot Chocolate Club" has become a regular feature of the evening, providing plenty of laughs and friendship along the way.

**GENTLE REMINDER -
THERE WILL BE NO CHILL
OUT CLUB IN AUGUST**

CLUB NEWS CONT...

GARDENING CLUB



Our Gardening Group has been making the most of the summer, despite the recent hot weather. The polytunnel was far too warm for us to spend much time working inside, but we still had plenty to celebrate!



We enjoyed tasting our first ripe tomatoes of the season, which were wonderfully sweet and juicy, and we also harvested our first cucumbers, which have grown exceptionally well. Our peach tree is still holding onto its fruit, and we're keeping our fingers crossed that the peaches will ripen soon.



Keeping everything watered has certainly been a challenge, but our pumpkins, squashes, onions and beans are all thriving. Our potatoes are now ready to be lifted, so there's plenty to keep us busy - along with the never-ending battle against the weeds!

DANCE CLUB

Our Dance Club has had a fantastic few months, working incredibly hard to prepare a special routine for Eastleigh's Got Talent.

We are delighted to share that our members gave a wonderful performance, demonstrating not only their dancing skills but also their confidence, enthusiasm and teamwork.

Everyone at EBRM is immensely proud of what our dancers achieved. Taking to the stage in front of an audience was a fantastic opportunity to showcase their talents, celebrate their hard work and create lasting memories. Congratulations to everyone who took part - you were amazing!



PLEASE NOTE: DANCE CLUB NOW STARTS AT 10:30AM. WE LOOK FORWARD TO WELCOMING BOTH EXISTING AND NEW MEMBERS AT OUR NEW START TIME.

CLUB NEWS CONT...

WALKING CLUB

With the recent hot weather, our Walking Group had a backup plan in place in case it became too warm to head out. The idea was to meet at the café for a cold drink and a chat instead. However, Ash suggested that we could still enjoy a walk by keeping to the shaded paths through the trees - and he was absolutely right!

Stepping up as our walk leader for the day, Ash led us on a lovely, comfortable walk. Our popular word quiz continues to keep everyone thinking as we make our way around the route, before finishing with cold drinks and tasty snacks back at the Blackbird Café.

There was also plenty of laughter along the way, with Andrew providing the entertainment by showing off his dance moves in the sandpit! Be sure to check out the photos from the day - they certainly capture the fun and friendship that make our Walking Group so enjoyable.



BASKETBALL CLUB

Basketball Club has been enjoying energetic and enjoyable sessions throughout the spring and summer.

Members have taken part in a variety of warm-up activities designed to challenge both their fitness and thinking skills, while improving teamwork and confidence on the court.

As temperatures have risen, plenty of water breaks have been needed, but that hasn't stopped members from giving their all and having fun.

**A REMINDER THAT
BASKETBALL CLUB WILL
FINISH FOR THE SUMMER
BREAK ON 19TH JULY
BEFORE RETURNING LATER
IN THE YEAR.**

If you would like any further information on any of our groups, or how to join, please email clare.shaw@ebrmencap.org.uk

EVENTS & HIGHLIGHTS

LIFE SKILLS: BEREAVEMENT

In March, we welcomed around 20 members, family members and support workers to Pavilion on the Park for our latest Life Skills session, which focused on Bereavement.

The session was delivered by Simon Says, who spoke about what it can feel like when someone dies and how grief can change over time. The information was shared in a gentle and accessible way, helping everyone to better understand the different emotions that can come with losing someone special.

Many of those attending felt comfortable sharing memories of a loved one or a much-loved pet. It was an emotional afternoon, with tears, hugs and lots of kindness, as everyone supported one another in a safe and welcoming environment.

To finish the session, everyone made a memory jar to take home. This creative activity encouraged people to remember their special person or pet in a positive way, and before long the room was filled with smiles, laughter and conversation.

A light lunch was enjoyed by all and gave everyone the chance to spend time together chatting in a relaxed setting.

We would like to thank Simon Says for delivering such a thoughtful and engaging session, and to everyone who attended for making it such a supportive and caring afternoon. We are incredibly proud of how our members looked after one another and helped create a space where everyone felt listened to and valued.



FUNDRAISING & SUPPORT



LOTTERY

Did you know you can support Eastleigh Borough and Romsey Mencap for just £1 a week through our charity lottery?

Not only will you be helping us continue providing vital services and opportunities for people with learning disabilities, but you'll also be in with a chance of winning cash prizes, including a top prize of £25,000. Plus, every month there's a special Super Draw with even more fantastic prizes to be won.

It's a simple way to support our work while having a little fun and the chance to win big!

To sign up and find out more, visit:

<https://www.solotto.org.uk/support/eastleigh-borough-and-romsey-mencap>

EASYFUNDRAISING – SUPPORT EBR MENCAP WHILE YOU SHOP

easyfundraising is a simple way to support us at no extra cost whenever you shop online.

Here's how it works:

1. Sign up for free at www.easyfundraising.org.uk/causes/eastleigh-mencap/
2. Shop online at your favourite stores through the easyfundraising portal.
3. The retailer donates a percentage of your purchase to EBR Mencap.

It's an easy way to raise funds while doing your usual online shopping – every little really helps!

FUNDRAISING CONT...



JUSTGIVING – ONGOING SUPPORT

You can also continue to support us via JustGiving, whether it's a one-off donation or raising funds through your own sponsored challenges. Every contribution helps us deliver activities, clubs, and events for our members.

Donate or start fundraising at www.justgiving.com/charity/ebrmencap

Thank you to everyone who has supported EBR Mencap so far – your generosity makes a huge difference!

AND FINALLY

LOOKING AHEAD / SAVE THE DATE

- **Saturday 18th July** - Summer BBQ - Back at Royal Victoria Country Park
- Autumn Quiz Night – **Monday 28th September**, The Concorde Club
- **Friday 11th December** - AGM & Christmas Party

CLOSING NOTE

We are so really looking forward to the rest of 2026 and hope you will continue to support us. Thank you for being part of our wonderful community.

Thank you also to our dedicated volunteers who help make every session enjoyable and supportive for everyone who attends.