

Hello everyone – sorry the newsletter is a little later than usual this autumn. We have some exciting events coming up so please read on for further details...

## **NEWSLETTER**

Please let me know if you no longer wish to receive this Newsletter, if you would like to receive it by email in the future or if you know someone who would like to receive it. Emma Hill:

[nsmnewsletter@live.co.uk](mailto:nsmnewsletter@live.co.uk) Tel 01275 852817

## **COMMITTEE MEMBERS**

More committee members are still needed. Can you help please? Contact any committee member.

## **MILLFIELD SCHOOL DAY**

What a wonderful day out and this year we teamed up with Russ, from the YMCA (used to be Celia Witts, Gateway Club) and altogether there were over 70 of us. Two mini buses and some others going in their own transport. Spoilt for choice with so many activities to choose from - well over 30. The cookery is always popular with delicious smells pervading from the kitchens.

*Jenny Tolhurst*

## **STRAWBERRY LINE CAFÉ - YATTON**

The Strawberry Line Café at Yatton Station is a cosy little place to pop in for something to eat or a delicious cup of tea or coffee. Whenever possible they aim to use locally sourced quality ingredients. They open at 7.45am – perfect for early commuters! Telephone 01934 835758 or see their website for much more information <http://www.strawberrylinecafe.co.uk/>

## **SKITTLES**

About 30 people turned up for the Skittles on the 25th September and we all had a thoroughly enjoyable afternoon with lots of nice food to munch our way through. We played our usual game of 'killer' at the end and it got pretty tense between Carole and Nick (one of our new volunteers) with only one point between them and yes, Nick won. Well done Nick and condolences to Mark - the competition was too great!!

**Don't forget we have another game of Skittles on Sunday, 4th December - Claverham Village Hall 3.00 - 6.00.** If you would like to come along and you have not already let me know, please give me a ring on 01934 838564, *Jenny*.

## **ANNUAL GENERAL MEETING**

At our AGM in May we had a great speaker in Natasha Pester. Her enthusiasm for the Strawberry Line Café at Yatton Station made for a really enjoyable meeting. The café is still going strong and I would recommend anyone to call in.

## **4A THE BEACH**

We have recently replaced the water main to the house; no doubt the old house will present us with a few more challenges in the future.

## **COMPANY LIMITED BY GUARANTEE**

We are very close to having our dummy company confirmed as a charity by the Charity Commissioners. Once we have our new charity number we will transfer all the assets into the company and dissolve the old society.

*Mike Hill, Chairman*

## **DATES FOR YOUR DIARIES - DISCOS**

19 <sup>th</sup> Nov	10 <sup>th</sup> Dec	<b>Christmas</b>
14 <sup>th</sup> Jan 2012	11 <sup>th</sup> Feb	
10 <sup>th</sup> Mar	14 <sup>th</sup> Apr	
12 <sup>th</sup> May	16 <sup>th</sup> June	
14 <sup>th</sup> July		

£3.00 admission including refreshments age 14 – 30 plus). The discos are proving to be very popular and we are getting new faces each month. So, if you haven't been to one yet, come along to the Mycon Centre, next to Nailsea Methodist Church, on any of the dates above between 7.30 – 9.30pm and dance the night away. We would love to see you. Contact Anita for further information: 01275 546404. Thank you Anita for organising the discos.

## **JENNY TOLHURST**

After many years of hard work for people with a learning disability Jenny has decided to retire at the end of 2011. Jenny has been instrumental in organising Sports, Millfield Day, Discos, Newsletters as well as volunteering for just about every activity we put on.

Jenny has been a great friend to us all for so long, all the committee and I will miss her kindness, support and good advice.

Thank you Jenny.

*Mike Hill, Chairman*

## **COOL SUMMER CLUB 2011..... AND 2012**

Hello. Gosh wasn't the Cool Summer Club this year busy! We had record numbers and even had a waiting list for some of the sessions; word is getting around - about time as the Club has been running for over 14 years!!

This year we invited back Mamadou, the African drummer, who again was such a hit with everyone. Royal Mencap ran a T-Shirt painting session (thank you to Hayley and Elaine) and we welcomed a new Line Dancing company "dancing4fun" who stepped in at the last minute and got everyone up and joining in.

A huge thanks to all those who supported the CSC voluntarily and also to our sponsors without both the club would not be able to function.

I have booked the club for next year (same venue) dates are Monday 6<sup>th</sup> August, Wednesday 8<sup>th</sup> August, Monday 13<sup>th</sup> August, Wednesday 15<sup>th</sup> August, Monday 20<sup>th</sup> August and Wednesday 24<sup>th</sup> August, so please put them in your diary.

There were times this year when I needed to contact attendees/carers whilst at the sessions. NSM committee have agreed to me having a mobile phone and with immediate effect this will now be my only point of telephone contact, so the new number is: **07796 501671**. As I work part time hours, if I don't answer please leave a message, I will get back to you, I normally work for North Somerset Mencap on a Thursday. You can still e-mail me if you need to and the e-mail address hasn't changed **carolensm@blueyonder.co.uk**

\*\*\*\*\*IMPORTANT\*\*\*\*\*

**There are going to be changes next year as to how the Summer Club is run:**

- There will be no mini bus return services from Weston-Super-Mare or Clevedon

*Transport costs have increased in the last couple of years mostly due to the increase in petrol, for the small number that use the service it really is not cost effective, particularly as donations and grants have decreased.*

- Anyone wishing to attend any of the sessions must request a booking/health and safety form from me, (I will not be sending any out in April 2012, and the onus will be on the individual/carer to request one. All completed forms must be returned by the end of June 2012). By doing this we are hoping to cut down on the postage/stationery costs.
- All subs will need to be paid for in advance when returning the completed booking form, either by cheque or cash. (If cash, payment can be made in person at one of the monthly NSM discos or weekly Thursday NSM sports club sessions). There will be no facility to pay for sessions on the actual day, however all attendees will still be required to register.

- A new signing in/out book will be introduced. Anyone who is not an attendee must sign in and also sign out when they leave.
- For carers/supports workers who attend with a CSC attendee and have refreshments there will be a flat charge of £1.00 per session for this.

Any questions on any of the changes please give me a call or e-mail me; I will remind you again about the changes in the next Newsletter.

That's all from me, and an early Merry Christmas and a Happy New Year to you all.

**Carole Pullen, Project Co-Ordinator**

[carolensm@blueyonder.co.uk](mailto:carolensm@blueyonder.co.uk) Tel: **07796 501671**

### **THANK- YOUS**

**Strawberry Line Walk - Co-op:** I would like to say a Big Thanks to Ben, Tom and Dean from Malins Parade, for coming on the walk and raising the Grand Total of £126.20 for North Somerset Mencap. Well done.

**Bucket Collection – Cadbury:** Thanks to Jan Lydon for organising a bucket collection at Cadbury. We could have done with a few more helpers but nevertheless we raised £246.09.

**Co-op Store Yatton:** A huge thanks to Mike Mullet, Manager, Jenny and Monica for all their help in providing refreshments for our Discos throughout the year and also for the Cool Summer Club. **Jenny**

### **FACEBOOK**

North Somerset Mencap is now on **Facebook!!!!** At present we have set this up for information/sign posting only, as we currently don't have the resources to provide regular monitoring. Any feedback would be welcome, by phone or e-mail to Carole.

[carolensm@blueyonder.co.uk](mailto:carolensm@blueyonder.co.uk) **07796 501671**

### **USEFUL CONTACTS:**

Mike Hill: **01934 630526** Company Chairman  
Sheila Gale: **01275 876587** Vice Chairman  
Carole Pullen: **07796 501671** Project Co-ordinator  
Anita Brown: **01275 546404** Sport & Discos

**Royal Mencap Wills & Trusts Team:**— Freepost WD3537, London EC1B 1AA, Tel. 020 7696 6925, or visit their website: <http://www.mencap.org.uk/what-we-do/our-services/wills-and-trusts>

### **YMCA**

The YMCA put on a lot of activities and they have their own website: <http://www.ymca.org.uk/>