



LEARNING DISABILITY NEWS

Christmas 2024 Edition



A warm welcome to all our readers and just like that it's time to produce our Christmas edition! It's also the time of year to reflect on the year and express our gratitude to all our supporters. All our activities are taking a break from Monday 23rd December and returning the week commencing 6th January. The office will re-open on Thursday 2nd January. Merry Christmas from us all at Southampton Mencap and wishing everyone a happy and healthy New Year.

A bit about us

Southampton Mencap, based in Portswood, is a local charity dedicated to supporting people of all ages with learning disabilities, and their families and carers. Services include social activities, holiday playschemes, and an exciting daytime enterprise programme, alongside expert advice and advocacy for equality. To learn more about our work or explore ways to get involved, perhaps as a volunteer or trustee, contact us at **023 8058 4088** or visit www.southamptonmencap.org.

Southampton Mencap thanks long-serving trustee

At the Annual General Meeting in June, we extended our heartfelt thanks to Jennifer Strevens for her extraordinary dedication as a trustee over the past 40 years. Jennifer's tireless volunteer work, shaped by her personal experience as a carer for her son Richard, has profoundly impacted the organisation. Her leadership as Chair, Treasurer, and voluntary Finance Officer has guided the organisation's mission in supporting individuals with learning disabilities and their carers. Though stepping back from some roles, Jennifer remains a valued board member, continuing to inspire with her passion and commitment. Thank you Jennifer, for your remarkable service and lasting contribution

Welcome New Trustees

There have been some changes to the Board of trustees; we have welcomed two new people, Kathryn and Clare and Hilary is our new Chair.



Trustees
 Hilary Linssen [Chair]
 Di Bernstein
 Dan Mar-Molinero
 Clare Mar-Molinero
 Heidi Oldrey
 Kathryn Rankin
 Lisa Stead
 Jennifer Strevens
 Brian Strevens

Chief Executive Officer
 Alexandra Iles

Administrator
 Sue Roberts

Finance Officer
 Lorna Simpson

Operational Manager
 Elly Iles

Activity Leaders
 Marc Kibler
 Cath Wigham
 Liz Curtis Kibler
 Pula Popat
 Kelly Brackstone

And not forgetting our pool of activities workers and volunteers who support us throughout the year.

Website:
www.southamptonmencap.org

Tel: 023 8058 4088



Merry Christmas and a big thank you from all our Bakers to all their wonderful customers who support their work throughout the year!

They would like to remind you that the date for last orders is Tuesday 17th December. They will return on 8th January, so you can place orders from Monday 6th January.



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Members of the **Maintenance & Gardening** group would like to wish their customers a very merry Christmas and a happy New Year. All the support (and biscuits) that our loyal customers provide the group with when transforming their gardens throughout the year is hugely appreciated

Tuesday 10th December will be their last visit of the year and they will be ready to go again on Tuesday 7th January.



MISSED THE LAST POST?

NO WORRIES - WE'VE GOT YOU COVERED WITH 'DON'T SEND ME A CARD'

<https://www.dontsendmeacard.com/ecards/charities/southampton-mencap> when sending festive greetings to your friends and family.

Donating what you would usually spend on cards and postage can help our charity this Christmas.

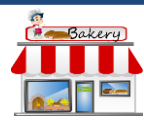
This year's highlights

FairPlay Juniors have been exploring the nature in our garden, building blanket forts and indulging in messy play.



Friday Home Kitchen members were kept super busy cooking sweet and savoury dishes on a rotational basis, for eating together in the group or sharing with their families and carers.

Makers & Bakers made lots of cakes and other delicious products for people to purchase and enjoy.



Bakery Down the Lane opened its doors on Thursdays from 10am-1pm opening up new opportunities for members and offering customers the flexibility to grab and go, or stay and enjoy the service.

Thursday's O2F members explored the world around them, and focused on researching different cultures and historical events such as the World War



Mondays Handycrafts group expanded their offer to include practical creative activities alongside their exciting arts programme



Tuesday's O2F members developed new relationships and had lots of visitors to encourage them to become involved with projects in improving health care for people with learning disabilities



Livewire 18+ members have been disco dancing courtesy of our resident DJ Tom, as well as cooking and crafting up a storm.

FairPlay Teens have been holding Wii tournaments, creating weird and wonderful crafts from the Scrap Store and chilling out with music.



Garden & Maintenance Group has serviced lots of gardens and took on a number of tasks around the Mencap Centre



Livewire 25+ members have been socialising with their friends at the pub and enjoying all Portswood has to offer.



Adult Gateway members have been enjoying bingo tournaments, cups of tea with friends, and having a good old chit-chat.

BINGO

14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

We strengthened our links with other Mencap groups and some members accessed a 6 week course which helped them to find out more about work and volunteering opportunities.



All goods available for purchase were crafted by our members under strict guidance and supervision

Southampton Mencap, affiliated with Royal Mencap but independently run. A local charity, big goals, providing vital support, focusing on the needs of those impacted by a learning disability



187a Portswood Road, SO17 2NF
 Email: admin@southamptonmencap.co.uk Tel: 023 8058 4088