

Spring 2023 Edition

Who can believe that springtime is almost here? Now is the time to look after our health and wellbeing; we know this can be difficult for our members and their families and carers. Hopefully the lighter days will encourage us all to get out more and make the most of this time of the year to keep healthy.



Keep Safe with 'Safe Places' It's been encouraging to see more and more 'Safe Places' popping up across the City. This service aims to help anyone in a vulnerable position by providing temporary refuge to help them feel safer. Look out for this logo in shops and other places who have signed up.



Further information about this can be found at [Safe Places - Keep Safe with Safe Places](#)

Grow, Mend, Make & Bake

Grow, Mend, Make & Bake is all about opening up a range of meaningful pathways for people with learning barriers to employability opportunities, whether it be in a voluntary or paid capacity, through encouraging them to feel valued and a part of their local communities.

Please support their endeavours by getting in touch to find out more about any of the following services which are currently available:-

Gardening and maintenance (MG&M): This hard-working group can tend to gardens in the local area, grow produce for purchase straight from our greenhouse and also lend a hand to small repairs. Call us to find out how the service can be tailored to meet your needs. We always do an initial visit to determine the scale of the work and its feasibility.



Baked products: We produce a delicious range of freshly baked sweet and savoury products, including breads, scones and loaf cakes. Cakes can also be ordered fully iced and decorated for that special occasion, something our regular customers really enjoy. You can place your Bakery order directly by visiting our website where you will find a full list of products and prices.

Newsflash Keep your ear to the ground and an eye on our website/social media feeds as we plan to re-open our popular

Café Down the Lane after Easter in a new stripped-back form and aptly re-named 'Bakery Down the Lane'. Here you'll be able to grab a drink and cake to go, or stick around for a more leisurely drink and chat. Goods produced by enterprise members will also be available for sale.

Seasonal/Personalised crafts: An increasing stock of items are available throughout the year which are on display at the Mencap Centre. These range from personalized greeting cards and decorations and gift baskets, etc. Keep an eye on our website where you will be able to see what is available at various times of the year. Or pop in and say hello! Any ideas for new initiatives are always welcome.

Trustees

Jennifer Strevens [Chair]

Di Bernstein

Daniel Mar-Molinero

Heidi Oldrey

Hilary Linssen

Brian Strevens

Lisa Stead

Chief Executive Officer

Alexandra Iles

Senior Administrator

Vacant - tbc

Buildings Assistant

Babs Kaur

Activities Manager

Elly Iles

Day Service & Club Team

Jane Richardson

Pula Popat

Marc Kibler

Cath Wigham

Liz Curtis

DJ Gover

Sue Dashper

Sam Pickard

Leslie Harris

Toby

Volunteers

Far too many to mention but are a huge asset in supporting our work.

Website:

www.southamptonmencap.org

Seeking Volunteers

Seeking a volunteers with some time to offer on a regular basis. There are lots of opportunities for you to get involved, even for just a few hours, so check our website or contact us for more info

LEARNING DISABILITY NEWS

A not-for-profit organisation working with the learning disability community



Mencap Centre location

We're a bit tucked away in Portswood down the lane between October Books and the Post Office right opposite Victory Church. The Mencap Centre is the second building on the left with ample parking.

Annual General Meeting/Open Day – Tuesday 6th June

Last year's AGM had an unexpected twist with our Alice in Wonderland theme. Those of you who came will have seen staff and members getting into the spirit of this and it was a sight to behold! This year following the business part of the meeting from **12pm-1pm** when we report on last year's activities, we're planning a summer open day theme to showcase our services. Our members will be organising the day so prepare for some unexpected twists! Items will be available for sale made by our enterprise members, music (weather permitting), a raffle and a summer barbeque! Further details will follow but please do put the date in your diary.

Carers Network Monthly Lunch Meetings Wednesdays 12pm-2pm at the Mencap Centre

Meetings are for family members who care for a son, daughter, brother, sister or a relative with a learning disability of any age. Come along and network with other carers, share experiences and find mutual support. We also invite people to speak on various topics which are important to carers for the first part of the meeting to allow time for carers to meet and get to know each other informally and for us to hear from you.



Next Meeting – Wednesday 26th April – 12pm-2pm

Topic: Transition & Adult Social Care: There will be a light lunch and some delicious home baked goodies made by our Makers & Bakers Group for you to enjoy. Please put this date in your diary and let the office know if you are able to attend or have any dietary needs.

Please share this with other carers as all are welcome to attend!

Farewell spot



Southampton Mencap has run the Carers in Southampton (CIS) service under contract for Southampton City Council for the past 8 years. On 31st March this contract ends with a new provider due to be announced. We're pleased that the service will continue to support unpaid carers and proud of what our team has achieved, supporting thousands of unpaid carers during this time. Our role in supporting and advising families and carers of people with learning disabilities will continue as it has done for over 50 years. We look forward to seeing you soon at the next Carers Network Lunch meeting on Wednesday 22nd March or our super open day/AGM on 6th June (see details above). We would like to extend our sincere thanks to our CIS team, both past and present, for all they have done, their dedication to supporting carers and for getting through the last year.



We were extremely sad to say farewell to two of our team recently, Angie has been supporting our members for over 6 years and Hardeep joined as our Senior Administrator in 2021. Both have left to take up new opportunities and we wish them the best for the future. They may not realise it but they haven't seen the last of us!



Seeking Trustees

We're seeking people to join our board and help us with the direction of the organisation so that it can maximize its resources in the best way possible to meet the needs of our client group. If you are interested then do get in touch to find out more, check out our website or come to our AGM on the 6th June before making up your mind!

You would be welcome and we're all a very friendly and welcoming bunch!



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