

WIZZY (Walking Izzy)

Wizzy walks are helping Cuppas members to keep fit. Lesley's dog, Izzy, has been leading the way taking the members for a walk! These are being held monthly. Our first walk in February took us along the Leas past the Grand and Ray insisted we popped in to see his flat which is right at the top of the building and has wonderful views across the hills.



Our second walk explored Russell Gardens and Kearsney Abbey at the end of the Alkham Valley. It was a chilly day in early March so we were glad to warm up with hot chocolate at the café. Where will April's walk take us, read next time to find out!



Battle of the bulge – Andrew Baldock took part in a sponsored weight loss to raise money for Pilgrims Hospice. He succeeded in losing over a stone in weight – well done Andrew!

Buddy Volunteers improve their Kurling coaching skills

A number of our volunteers who support people in New Age Kurling competitions took part in a coaching skills training session at the Valley Leisure Centre on 26 March, along with other people who are hoping to set up Kurling groups across Kent. We do hope there will be some more groups soon in Kent, perhaps we can set up our own Kent League in the future!

Kurling members will be helping to share their skills with others at new monthly sessions to be held across the district. The sessions will be open to anyone who wants to try out Kurling.

The first Kurling session will be at Pent Valley Leisure Centre on Saturday 7 May 2 – 5pm – everyone is welcome just phone Carol on 01303 220780 to book.



Diary Dates 2011



19 April 2011	Party at Lydd Gateway
23 April 2011	Cuppas CLOSED
26 April 2011	Gateway Clubs CLOSED
29 April 2011	Saturn Night Club
29 April 2011	ILS Disco at Stripes
7 May 2011	New Age Kurling at PVLC
10 May 2011	Folkestone Gateway Disco
24 May 2011	Party at Lydd Gateway
27 May 2011	Saturn Nightclub
27 May 2011	ILS Disco at Stripes
6 June 2011	DPG meeting
14 June 2011	Folkestone Gateway Disco
18 June 2011	Coffee Morning at Cuppas
24 June 2011	Saturn Nightclub
24 June 2011	ILS Disco at Stripes
28 June 2011	Party at Lydd Gateway
12 July 2011	Folkestone Gateway Disco

USEFUL NUMBERS & WEBSITES:

Mencap National Helpline 0808 808 1111 **Email:** help@mencap.org.uk **Website:** www.mencap.org.uk
Social Services Queens House 01303 253476
Community Learning Disability Health Team, Eversley House 01303 717000
Chairman: Miss Lesley Hughes 01303 252053
Cuppas & Gateway: Mrs Sue Gratton 01303 223462 (Cuppas)
Mrs Shirley Maker 01303 223462
Registered Office: 6A Cobbs Mews, Christchurch Road, Folkestone CT20 2SS
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**FOLKESTONE, HYTHE & DISTRICT
MENCAP LIMITED**

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NEWSLETTER – APRIL 2011

Summer Fun



As you will read in this newsletter the clubs have had a very busy start to the year and they have many more activities planned for the coming months.

Other events to look forward to are celebrations for the Royal Wedding (the bunting has already been made), trips to Leeds castle and Wildwood and we are hoping to see a show in London later in the year. All details will be advertised at our venues, if you want us to notify you directly don't forget to send us your email address.

It's not long now until our trip to Warner's Corton Grange in Suffolk. Everyone is getting very excited about going, it should be great fun and we have a Kurling competition arranged whilst there.

The British Open New Age Kurling competition will be held in Folkestone in October so it will be an excellent opportunity to display our skill.

Hope to see you on the outings or the coffee morning.

Lesley

Well Done Penny!

I know you will all join with me in sending our congratulations and thanks to Penny, who ran the Paris Marathon on 10 April in a time of 4 hours 30min 29 seconds.

It was a very warm day so it must have been difficult to complete the course, we are very proud of her.

In running the marathon she has raised over £1,000 for us which is amazing.



Learning Disability Week 2011

Learning Disability Week is from Monday 20 to Sunday 26 June, when Mencap will launch a 3-year campaign against hate crime, 'Stand by me'.

'Stand by me' will challenge the police, the criminal justice system and the courts to end hate crime against people with a learning disability within a generation.

Have you experienced hate crime?

Mencap would like to build up a more accurate picture of hate crime in the UK. If you or someone you know has been a victim of hate crime they would like to hear from you. Please fill in their online form or contact: Brenda Shalvey Telephone: 020 7696 5568 or Email brenda.shalvey@mencap.org.uk

Coffee Morning

To start the week we will be holding a Coffee morning at Cuppas. Please join us for coffee, cake and a chat.

Saturday 18 June 2011

10-30am to 12.30pm

Cuppas

Cobbs Mew, Folkestone

New Disco in Town

A great new Disco has opened in Folkestone. It has been set up by Lee Mills from the ILS and will be held on the last Friday of the month at the Stripes Club, Cheriton Road, Folkestone from 7.30pm.

The first disco held in March was very popular with good reviews from all of those who attended. The cost is £3 (free for carers) and food is also served if you feel hungry during the evening.

The next Disco will be on Friday 29 April 2011, so if you're not out celebrating the Royal Wedding go along for a great evening.





CUPPA'S & GATEWAY CLUB ACTIVITIES



Folkestone Gateway

Folkestone Gateway has started a diary of activities for the year. We kicked it off with a masked Valentines Disco and prizes were presented for the best masks. Bingo is always popular so a number of members enjoyed a special session on 1 March.



In Red Nose week we helped to raise money with a pancake tossing competition. Thankfully we did not have to eat the pancakes which we tossed as these ended up on the floor quite a lot of the time! Carol had obviously been practising at St Augustine's before she came to club as she scored the highest number of tosses, but Darren Ergiss won the members competition. Lesley and Carol cooked pancakes for everyone and members wore their own decorated aprons and chefs hats.



Our new Wii sports is being put to good use and a bowling competition is currently underway. This year's pool competition is also in full swing using our new pool table which has been provided thanks to a grant from a local councillor.



John and Mo have started a line dancing session, they hope to hold this twice a month so members can learn some new dance routines.



Dates coming up:

- 12 April – Easter Disco
- 19 April – Hat making for the royal wedding party
- 26 April – Club closed
- 3 May - Royal Wedding party

Lydd Gateway

Lydd Gateway has also been very busy. They had a Valentines Party in February with all of the decorations for the hall being made by the members, as you can see they look really professional.



In March they had a birthday bash, celebrated St Patrick's day and had a fish and chip supper which is always very popular.



For Red Nose day there was name the Teddy competition (his name was Lenny), Karaoke/Singstar, Bouncing Balls game, Card Extravaganza and many of the members came along in fancy dress.



Lydd have decided this year to celebrate all of the saints days so have fun activities planned for St Georges day.

Their next party nights will be on 19 April and 24 May and they are hoping to celebrate May day with Morris Dancing and have a May Pole to dance around. They will also be taking part in the Lydd Club day in June

Cuppas raises the roof for Red Nose Day

Cuppas members sang along to the karaoke to raise money for Comic Relief. Thankfully John Wilson, who lives upstairs, came and joined in! Money was also raised from a cake stall, raffle, Wii dance mat and "pick a nose" competition – decorated noses with lucky numbers.

Winners of the nose lottery were Marie Burns Hilary Knell and Mark Bailey and the fancy dress winner was Andrew Ferris.



The clubs raised a total of £160 for Comic Relief so a big thank you to everyone who took part.

Session Charges at Cuppa

It has been agreed by the Committee at Cuppas that a change needs to be made to the way in which members pay for sessions.

From 1 May a membership card will be introduced, this will cost £5 per annum (which includes the Folkestone Hythe & District Mencap membership fee) and will allow members to attend standard sessions at the current cost of £1. For those not wishing to join as a member then a standard session cost will be £2. Wednesday dinner will remain at £2 and the Computer and Games nights are £10 for a 4 week course.

We always give careful consideration to raising the cost of our clubs but unfortunately with all costs rising we need to make the change.

Donations

We have recently received donations from two families in memory of their relatives who were former members of Folkestone Hythe and District Mencap.

£120 was sent to us by the family of Trevor Mills and £445 from Steve and Katherine Morgan on behalf of Susan King's aunt.

We would also like to thank Alan and Emily Maker who have donated a Play Station 2 with games to Cuppas. This is a very popular activity with the members so it will be put to great use.