

Dear Friends

Well we are already a quarter of the way through the year and it's been really busy with lots of things going on.



Spring is well and truly upon us. The trees are flourishing, turning colour and the gardens are also changing. The lighter nights makes all difference to how people feel. The grass is growing by the minute and really needs to be cut. It's difficult to keep up with it all.



When I moved into my flat just before Christmas I had hoped to be straight by the time this newsletter came out but with all the workmen in and out it's been really difficult and taken longer than first thought. I can however now finally see an end to all the mess which is good it will give me time to concentrate on things I enjoy most.

We have recently heard the sad news of the passing of Michelle Lambert. Michelle was a regular at Burgess House and her presence will be greatly missed.

Our thoughts and prayers go out to her family and her little boy whom she adored.

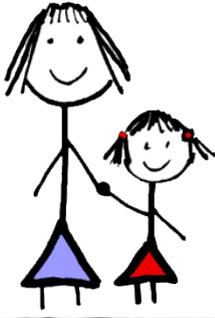
She will be remembered for her smile and the warmth she portrayed to everyone she came into contact with.

We have also heard the sad news that an old friend and committee member Shirley Stone has passed away. Shirley has been with Ipswich Mencap for many years and some of you will remember her from the Christmas parties she was involved with.

Our thoughts and prayers go to her family at this time.



The table top sale organised for 23rd April at Norbridge Social Club Norwich Road was poorly attended, very disappointing considering the time and effort taken by volunteers.



Don't forget the Summer Fun Day on 18th July 2-5pm at Stonelodge Accademy Stonelodge Lane West.

There will be a variety of stalls as well as information stalls. Bouncy castle, face painting, games & music.

Why not come along and support the event. For more information contact me on 07766 103563

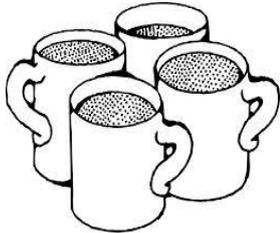
B I N G O				
1-15	16-30	31-45	46-60	61-75
4	23	40	55	64
10	16	34	56	70
15	19		52	66
6	30	44	49	68
11	21	41	47	74

The Bingo sessions at Rushmere Hub have been suspended time being due to a distinct lack of support. We have tried pursued this for a year and the support has not increased so have taken the decision to suspend them for the moment. We will review this again and see where we are going wrong.



The garage sales due to start at the end of March will not be ahead either. Malcolm used to do these but Malcolm has there is no one to take his place which is a shame.

However the normal car boots will go ahead this year and we get the support as we have in the past.



Coffee mornings are really successful and it is good to see some new faces now and again.

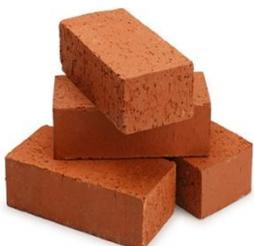
A big thank you to Ron Daley for continuing to sell raffle tickets for our events and also to The California Club for their continued support.



The winter season of darts has just finished and the new summer season began on 3rd April. This year has been particularly stressful with more pubs & clubs closing. Teams not agreeing and several changes to the league.

This is a friendly game of darts whilst at the same time raising money for a local charity but some of the teams have got so competitive it causes arguments and sadly the committee have to bear the brunt of this which is quite unpleasant at times.

Having said this I thank each and every one for their continue support and for yet another great season.



March saw us launch the Sponsor a Brick campaign. Ipswich Mencap are trying to raise £1,000,000 (£1m) for major improvements to Burgess House so we thought this was a great idea. You can sponsor by PayPal on the website.

or by asking one of the committee for a sponsor form or by sending a cheque to Ipswich Mencap 236 Felixstowe Road.

These improvements are vital for the continuation of the service so please do support us in any way you can. Maybe a sponsored event like a sky dive, cycle ride, swim whatever we will support you all the way, just let us know.



The Needham Market raft race will take place on 4th June this year. The girls from Burgess House will be take part once again. We will also have a tea stall so do come and support the event.

Let's hope the weather is kind to us again this year as it was last year and it will be a really good day.

If you would like to sponsor the girls for the event then please contact Amanda or Bex at Burgess House on 718964



The Rotary club BBQ will be at Rushmere again this year on 7th June from 6pm. Please let us know if you will be attending so we have an idea of total numbers. Support workers please let us know asap if you or your clients will be attending. Please don't just turn up because you will not be catered for.

We will have entertainment again this year as we have in previous years so it should make for a good evening.

I would like to say a huge WELL DONE to the team of Panthers who attended the Special Olympics.

The Panthers is a group of young people who enjoy athletics at various levels. I have enclosed a poster with this newsletter if anyone is interested in joining them.



Some of you may be aware that the learning disability liaison nurse Sally Ryan has left Ipswich hospital. Sally did an excellent job but the post has been vacant for a while which was very concerning. However I have recently heard that the post is now filled and the person will take up his role from 1st May. If you need to contact him his name is Roger Blake, just ring the hospital and asked to be put through to him.



I have had a long chat with Roger and he seems a nice guy. He is also familiar with the role as he has been doing it for some time but within the community and around GP surgeries.



Ipswich Mencap is attempting to make changes to the support it offers locally to members and the wider community but we need to know your thoughts and what you want. Please let us know by filling in the attached form and sending it back to us, giving it to a committee member or leaving it at Burgess House.

Ipswich Mencap is here to support you so please tell us what you want.



We have recently joined the just giving site so you can pay any sponsor money to that site if you prefer. You will find it as listed Ipswich Mencap.

We have also joined the Give as you Live site. This means when you shop on line you can choose which charity to donate to. Ipswich Mencap will get 5% of any purchases made. This helps towards the money we need to raise



Also with this newsletter is some information from Leading Lives. There are lots of changes ahead to the way people are receiving support. To make sure we all get it right we need your thoughts and comments. We appreciate this is all boring stuff but its important so please if you don't understand ask those who support you to help.

Finally just a reminder that membership is now overdue. The membership remains the same at £5 a year family membership. Please send to Sarah Woods 8 Palmcroft close IP1 6RB. If you need a new form let Sarah know and she will send you one.

Well this is all for now. We look forward to seeing some of you at the events during the year. As always if there is anything you would like to add to the newsletter please feel free to contact me or if you need any support at all then please do contact me.

The next newsletter will at the beginning of August.

Kind Regards

Barbara