

December 2018



Dear Friends.

Well the weather has certainly changed and winter is now upon us, out of storage come the winter woollies etc. I reckon we could be in for a long winter after all the heat of the summer. I love the winter but not the dark nights and driving when the weather is bad.

For those who are planning to go away for Christmas make sure you drive carefully and are prepared for the unexpected.

Winter for Ipswich Mencap signals the start of our Christmas collections of



course. We will be out and about so do come and say hello or ask any questions we would be pleased to see you. The dates are as follows:

We begin in the town centre outside M & S **THURS 29th** with subsequent dates **6th 13th & 20th** Dec.

WED 5th Tesco Copdock

SAT 8th & 15th Sainsburys Hadleigh Road

16th, 17th, 18th, 19th & 21st Morrisons Sroughton Road

We finish at Tesco Ropes Drive Kesgrave on **SAT 22nd & SUN 23rd**

If you feel you are able to stand and help for an hour it would be much appreciated.



Saying goodbye to someone is never easy but is sadly part of normal life however hard to do.

In August we said goodbye to a special lady Linda Begg.

Linda had lived at Selkirk Road for a few years and despite her disabilities lived life to the full. Ipswich Mencap are fortunate to have a scrap book which Linda's mum did when she was very young and during the early years of the charity. Its records the fight and struggles which occurred to

get the right support for our members. This is a special and valuable piece of information in the archives of the charity and something to be treasured.

In September we also said goodbye to a very special person Trevor Nunn. Trevor was a young man full of life and fun. My earliest memories of Trevor were at one of the Christmas parties when he kissed my hand and asked me to dance. Trevor had the biggest smile which would melt anyone's heart.

Also in September we said goodbye to Alan Tooke. Alan lived at Lombardy Court and played a big part in the lives of all his friends and the staff. Alan will definitely be missed.

In October our former committee member and friend Cilla Turner passed away. Cilla despite caring for a sick husband and her daughter Michelle lived life to the full and will be definitely missed. Cilla helped in the fight to get the best for our members and always had a big heart.

All will be sadly missed but our thoughts, love and prayers are with each of the families at these difficult times.



Prior to the AGM on 28th November the proposals of the corporate charity were sent out for consideration.

This was discussed at the AGM and a vote was taken and it was agreed to move forward with this however would need to be reworded in order to protect our members.

The committee was voted and will remain for the foreseeable future.

A donation was received at the AGM from member Mrs Woodward who during the summer did a wing walk and raised money for the charity.

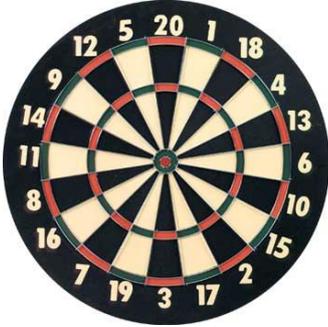
Ipswich Mencap would like to say a huge thank you and well done. Doing such a terrifying thing and raising money in the process is fantastic.



Thank you to Diane & Keith Brett and Jean Southgate for a very successful Christmas Fayre. Thank you also to Ron Daley and his family for another superb raffle. Despite getting off to a slow start we raised more than last year.

A lot of time and effort goes into organising these events and it can be really stressful and annoying when they fail but when they are as successful as this was it lifts your spirits and you end up pleased you did it.

Thank you for all the donations received and to the Norbridge club for allowing us to use the hall but more importantly thank you to all those who helped on the day and to everyone who came along and supported us.



23rd of November we held our darts summer presentation evening at Kesgrave Social Club. Thank you to staff at Kesgrave for their continued support to the charity.

There was a very good turnout of people at the end of a successful season and a cheque was handed over to the society.

A thank you presentation was made to George Colwill who has decided to retire from the league after 50 years. George has been a valuable asset in raising funds for the charity and been a big part of the league.

The winter season has got off to a great start with lots of interest from other teams/clubs wanting to join the league. At times we struggle as teams drop out but then you get more enquiries and it lifts you spirits once more.

Thank you to all of the teams, pubs and clubs for their continued support to a worthwhile local charity.



During the summer we received a lot of support from students who had signed up to the National Citizen Service. The students came to Burgess House and helped in the garden by removing the raised beds which were rotten and dangerous. This was quite a task.

Initially there were around forty students with age ranges 16/18 but this dwindled a bit, those who remained worked extremely hard. They shifted around 150 ton of soil and 4 tons of shingle, helped with a trip to the tip and generally tidied the garden.

At the end of October we had another team of 20 students come along and also worked at Burgess. They laid slabs for the float to stand on, rubbed down and painted all the garden furniture, raked the lawn to remove the leaves and conkers and did a couple of runs to the tip. All of them worked really hard.

It's not always easy when you get a lot of teenagers together but each and every one worked as a team, with no complaints about what work they were asked to do. They treated each other with respect but more importantly they

treated staff and customers at Burgess with respect when they came out to thank them.

Talking to them you get to know some of the things they have been through in their short lives. Bullying at school been the main one which is why they signed up to NCS to prove they are somebody, they can beat the bullies, prove they are not worthless and come out on top. This can only be a good thing.

I was invited to their graduation ceremony at Trinity Conference centre and I was able to present each one with a certificate and letter of thanks.

We will be receiving regular support from future teams both in the summer and in late autumn.



Well I think I have come to the end of the news for this year. Your next newsletter will be around beginning of March 2019. If of course you need to contact me then the number is 07766 103563

All that remains is for me to say a huge thank you for all the support in 2018 and to say I look forward to seeing some of you in 2019.

I wish you all a very Peaceful Merry Christmas and a Happy New Year.

Kind regards

Barbara

