

January 2016



Dear Friends

This newsletter was due to go out in December but because we were so busy there was not time however I trust everyone had a good Christmas and I wish each and every one a very Happy New Year.



During December we did our usual collections with the float. Sadly the float has come to the end of the line and needs a good re vamp which is the plan for this year. It is part of Ipswich Mencap history but also raises a lot of money so we feel it should be done.

A big thank you to Sainsburys Hadleigh Rd, B & M retail at Ramsones, Tesco Copdock, Tesco Kesgrave, Morrisons Sproughton Rd and ASDA for allowing us to collect again this year. Also of course thank you to

Ipswich Borough Council for supplying the licence to allow us to do this in the town centre. A huge thank you to the many people who kindly donated money and those volunteers who did manage to give up some time to help.

Sadly in the town we were met by a certain amount of animosity which resulted in the street rangers and police coming to speak to us. I think we all found it hard and extremely stressful that people can behave in such a manner knowing what we were raising money for. Hopefully by the end of it all we sorted it, certainly the environmental officers were happy.

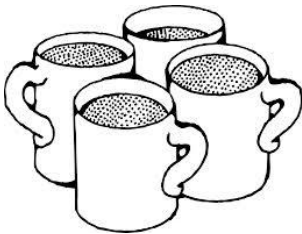
The other thing which made it hard was getting people to do a couple of hours here and there. It ended up with just six of us which is not enough to get a break and is extremely hard on your back standing for several hours or so at a time. This is one of the reasons we no longer go round the streets.

We find it hard when people/parents/carers know we are raising money for a good cause, are happy to except help and support from us, use the respite care service at Burgess House and The Bungalow which is owned by Ipswich Mencap but cannot spend just half hour with a bucket.

None of this would be there if we were not doing the float each year or running a darts league, coffee mornings, bingo nights, social club disco's, there would be no money available. Nobody is getting any younger and there is going to come a time when we are no longer physically able to do it. It is a case of **use it or loose it** and that choice is down to everyone who uses these services.



I would like to say a huge thank you to Curtis Parrish for raising £50 doing the bungee jump at The Selkirk pub. **WELL DONE!**



The coffee mornings are continuing at Burgess House and the first one of the year will be on 19th January. Please do come along and support us. Join us for a drink and a chat whilst enjoying a cuppa and cake.



The winter fayre at Burgess House on 6th December was extremely well attended and we were really pleased. We had the Christmas float and Father Christmas was in attendance.

A big thank you to Liz Finch for organising the choir to come along and sing some traditional carols at the end of the afternoon. I think we can safely say there will be a repeat of the event next year.



The Olly Murrs tribute night tickets are now on sale at just **£10** so if you plan on coming along then give us a call. There is no food at this event although there will be food in the bar if you wish to order it from there.

If you are interested in tickets please contact Sarah on 07799 656974. Saturday 21st May at Venue 77 (Gardeners Arms pub) Fore Hamlet. 7.30 – 11.30pm Tickets £10



We are a quarter of the way through the darts winter season and all seems to be going well although a couple of pubs have closed since the start. The agm is booked for 17th January at the Norbridge social club so if you have any views then please do come along. Starting time is 8pm I would like to thank all the players and pubs/clubs for their continued support



The AGM for Ipswich Mencap which was booked for Tuesday 17th November had to be cancelled due to the wind and rain. Please note the new date is **6th January** 8pm at Rushmere Community Hub. Refreshments will be available. Your support would be very much appreciated.



There will be another Disco night on Friday 22nd January 7 – 10pm at Rushmere Hub Humberdoucy lane for those who are interested in coming along. Pay on entry £3 plus tuck shop, hot and cold drinks. Remember there is no food at this event so please make sure you have eaten before you come.

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

Bingo sessions are still continuing and seem to be getting a bit more popular and is a wonderful social evening. If you are interested why not come along and enjoy the evening. I have said before we can't make you rich but we can have a laugh.

The next one is 14th January 7pm at Rushmere Community Hub. Humberdoucy Lane. Refreshments are available.



The first car boot sale of the season 27th March the normal fee will be £5 car & £7.50 for a van or trailer. There is no need to book just turn up and pay on the gate.

We do however insist that you take your rubbish home so we are not charged for it on top of our site fee or we will have to increase the fees paid.



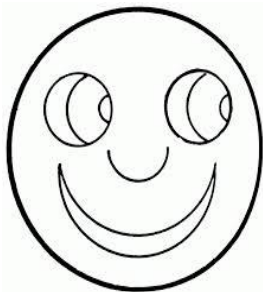
The Mencap Easter party this year is 13th March.

Will all carers/support staff let us know in advance who will be attending not leave it until the day.

I will not be spending days ringing around this year to find out which means our members and your clients will miss out on something that has happened for the last fifty years and which they all enjoy attending.

There will be hot food which is free to members but if carers etc wish to eat we ask that they pay a small contribution of **£3**

TWO M'S



The Two M's club restarts on 6th January 6-8pm unless we have something special on then you will be told the week before. We have a selection of things going on but are always happy to introduce more so if you have any ideas then do have a chat with me and we can see what we can do. Remember this is your club so the choices made will be what you want or have asked for.

There will **be no dinner club** on club nights. This was not hugely successful especially when people say they want a meal and then don't turn up or they turn up and we have not catered for them, it was costing more than it should have done.

Please make a note of my new email address should you wish to contact me this way.

Don't forget the agm on 6th January. Your views would be welcomed.

Your next newsletter is due around April so if you would like anything added then please feel free to contact me.

Kind Regards

Barbara

IPSWICH MENCAP SOCIETY 260532 /IPSWICH MENCAP DARTS LEAGUE
537 NORWICH ROAD IPSWICH IP1 6JT 01473 807885 / 07766 103563
barbara.thorn7@outlook.com www.facebook.com/ipswichmencap