

OCTOBER 2016



Dear Friends

With the summer well and truly out of the way and the autumn nights upon us we can now look forward to the Christmas festivities and the Christmas float.



First and foremost I would like to offer our condolences to the families of Tracy Riddleston & Louise Lockier. Both of them lovely young ladies but sadly passed away a short while ago. Our thoughts and prayers are with both families at such a difficult time.



We will be out and about within the town and supermarkets collecting so if you have any time to spare do come along and support us.

Of course if you can spare a couple of hours and could stand/sit with a bucket it would allow us time to have a break.

The days are long when collecting and when you are stood without a break it can be quite tedious.

With just four of us collecting it is getting harder each year and none of us are getting any younger. It is so much fun meeting so many lovely generous people it makes it all worthwhile and knowing that the end result is going to do a lot of good.

All I ask is to think about it and what can be achieved with more people on board.

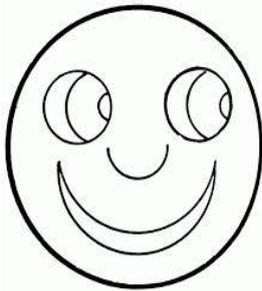


next year.

This year's winter fayre is at Burgess House on Sunday 4th December 3 – 5pm at Burgess House 236 Felixstowe Road Santa will also be in attendance again this year so why not come along and see us.

All the proceeds will go towards a new project

TWO M'S

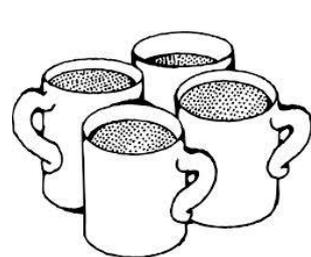


along for a couple of hours a week please feel free to do so.

We start club at 6pm and finish at 8pm but for parents/carer who will be bringing the younger ones along then we will be starting at 5pm. We will also include the new age group to our regular disco's. Please see the enclosed leaflets for more information.

The Two M's club finishes on 21st December and re- opens On 4th January 2017

We have decided to start the New Year by introducing some younger ones to the club. Our aim is to start from the age of 10 years upwards. So if you are interested in coming



The last coffee morning for this year will be on 29th December but our regular coffee mornings will continue after Christmas with the first one being on 10th January.

Thank you to everyone who has supported us this year and we hope you will continue next.



Our colleague Ron Daley did the Orwell Walk again this year and raised a considerable sum of money for the charity. Ron has however decided to give up and retire now after forty years.

We thank Ron and his family for all the money they have raised doing the walk.

Although Ron has decided to retire his family have said they will continue so watch out Ron will still be round with the sponsor forms.



Ron & his family also raise money by running an annual bowls tournament in memory of their late sister.

This is a great afternoon run by the family who work hard to supply a buffet and literally hundreds of raffle prizes.

Their sister would be so proud of all their achievements.



I have enclosed a nomination form with this newsletter so if you are interested in joining the committee to help make a difference then please fill it in and return to me asap. It would be good to get some younger parents views about the future of our siblings.

The AGM is set for Wednesday 23rd November 8pm at Rushmere Community Hub Humberdoucy Lane.

We would also like to welcome you along to the meeting to hear your views and what you would like us to do either now or in the future. Your views really count and we are open to any suggestions and maybe you could help us put them into practice.



The new season for the darts league began at the beginning of October with many changes to pubs and clubs. Finding venues to play league matches seems to be getting more and more

difficult especially with pubs being a thing of the past. The number of teams however still remains steady. I thank each and every player for their continued support and also the landlords for allowing it to continue.

The AGM for the darts league is Sunday 8th January 7.15pm at the Norbridge Social Club.

We do hope you will come along and support us and we will be happy to listen to your views.



Hopefully by the time you receive this newsletter I will be moved house having decided to downsize now that my family have all flown the nest.

I will continue as before and can be contacted on the usual number 07766 103563 or via the website www.ipswichmencap.org.uk My postal address for the charity will be Ipswich Mencap 236 Felixstowe Road Ipswich IP3 9AD There will eventually be a new telephone line with an answerphone but I will let you have that in the next newsletter.



As a result of the popularity of the garage sales At Burgess House it means we have decided to Continue with them every Saturday. Usually from 10.30am – 3pm and we offer free tea & coffee. So if you are looking for bargain please do come along there is a wide variety of stuff all going cheap.

Thank you to everyone who has given us donations it really is appreciated.



Just a reminder that we are still collecting any used postage stamps and foreign coins. We sell these and it does raise money for projects. These items can be bagged with my name on and dropped off at Whip Street. Burgess House, The Bungalow or Rushmere Hub or if you have a lot I can collect them, just give me a call.

Well this will be your last newsletter for this year your next will be in January.

If you have any problems or questions then please contact me on the usual number 07766 103563 and I will try to help.

All that it leaves me is to wish each & everyone a truly Happy Christmas & a very Prosperous New Year.

Regards
Barbara