

News

Issue 38

All the latest news and events from Chelmsford Mencap



All the fun of **the CMYC**



Who's behind the fabulous mask?



Talent Show - Michael and Joshua



Stephen having a good time



Games Night - who's going to win this one?



Sarah doing some colouring



Chris likes the hat



Preparing for the Royal Wedding



Talent show - two great dancers

Bored? Want to get away from Mum and Dad for a while and have fun with people your age? Looking to make new friends? Then come and try out the Chelmsford Mencap Youth Club.

CMYC meets during term time on Tuesday evenings from 6.30 – 8.30 in the Apex Centre at Thriftwood School in Galleywood. On an average night between 22 and 25 young people between 16 and 25 years old attend, enjoying a variety of activities including arts and crafts, preparing food, playing games, dancing or playing football or basketball on the school playground outside. A team of volunteers is always on hand to make sure everybody is safe and has a great time. For more information contact Sabine Nussey on **01245 351161** or e-mail **sabine.nussey@chelmsfordmencap.org.uk**

Saturday Club closes

It is with great regret that we announce the immediate closure of our Saturday Club. The Club, which ran at Columbus School, catered for children aged three and older, many of them with severe and multiple learning difficulties. In May we were told that, following the takeover of the school buildings by the company Skanska, we would have to pay rent for the hire of the facilities, increasing the cost per Saturday by more than 50%.

Last week the current Saturday Club Manager Kathryn O'Flanagan, resigned. Our thanks go to Kathryn and her staff for running the club so successfully for the past three years. We are hoping to open a different Saturday club from our new premises in Mencap Hall from January 2012. For updates check the Chelmsford Mencap website.

New organisation, new team, new premises

Managing Director Sabine Nussey has been involved with various local charities for over 15 years. For the past three years she has been the Manger of CMYC, and she is looking forward to help Chelmsford Mencap move on and grow over the next years.

Deputy Managing Director Bryan Powell used to work for Revenue and Customs. Since retiring he has used his head for figures and his spare time to become involved with Rotary and his local golf club and, since last year, Chelmsford Mencap.

Financial Director Joanne Eagar works as an accountant for First Bus. Following in Colin's footsteps, her task is to make our accounting system fit for the 21st century.

Company Secretary Sam Barnett has been with Chelmsford Mencap for six years. She has been the driving force behind all of our ventures and keeps us on the straight and narrow with regards to policies and procedures.

Directors

Peter Crisp and **Colin Gooday** don't need an introduction because they have been part of Chelmsford Mencap for half a life time. They will provide continuity for the organisation.

Yvonne Chandler has thrown herself into setting up the Outreach Academy with great success. She is very keen to expand services for our Adult Members.

Dr. Tam Sanger is a researcher at Anglia Ruskin University. One of her specialist topics is learning disability, and she hopes to help us to access new funding streams.

Roy Owens used to work in the city before down-sizing and supporting youngsters in local schools and Chelmsford College. His daughter Lucy, who has Down syndrome, has just moved out, leaving him with time on his hands.

Chris Bosworth used to work as an LSA at Thriftwood School. She stopped this year to be able to have more time to spend with her son James (18) in the long summer holidays.

Russell Hyman has been a member of Chelmsford Mencap for many years. He volunteers regularly for AA and the new Outreach Academy and is a familiar sight at all our events and functions.

Alison Widgery is the former Head Teacher of Oaklands Infant School. She has been successful in winning funding for several charitable organisations.

Dear friends,

In welcoming our new style **Magazine**, it is my duty to introduce you to our new organisation known now as CHELMSFORD MENCAP LIMITED.

With effect from 25th May, a brand new team will be running the Charity headed up by Managing Director Sabine Nussey, with Bryan Powell as her Deputy, Company Secretary Sam Barnett and Joanne Eagar as Financial Director. Sabine is supported by eight other Directors some of whom were Officers in the previous organisation, others are new who were elected at our Annual General Meeting in early May.

I take on the role of Company Chairman but I have handed the day to day running of the Charity to Sabine who I know will ensure the Charity, including the various Clubs, operates in an efficient manner. It is good to see some new blood giving fresh ideas and impetus to Chelmsford Mencap Limited under Sabine's guidance.

I hope you will all support Sabine and her Team to ensure our Charity is able to continue to help all people who may need our guidance and care now and in the future,

Sincerely

Peter A.T. Turrall MBE
Company Chairman
Chelmsford Mencap Limited

Our new home

From 3rd October 2011 Chelmsford Mencap will be operating from Mencap Hall in Mildmay Road. The building, which has long been the property of the charity, has been leased to Learning for Works. However, with LfW experiencing funding difficulties and Chelmsford Mencap having lost their room to run the Outreach Academy at Moulsham Mill, a move back to our old premises seems like a natural step.

Unfortunately LfW do not want to share the property, so we have decided to go it alone! While it is an exciting prospect uniting all the

operations of our charity under one roof and having the room to expand our services, we inevitably will have to raise substantial funds in order to do so.

Our plans for the future include running the Outreach Academy five mornings a week, opening up a canteen where our members will not only be able to buy food and drink, but which they will also help run, a programme of drop-in clubs in the afternoons as well as a new Saturday Club. Details are being worked out over the summer, but you will find regular updates on our website

www.chelmsfordmencap.org.uk.

As we will have only two weeks in which to clear, renovate and decorate the building before our starting date on October 3rd, we are looking for volunteers to pledge some of their time and expertise to help accomplish this mammoth task. If you are good at DIY, like decorating or would generally like to help, please get in touch with Sam Barnett, our Secretary by emailing her on sam.barnett@chelmsfordmencap.org.uk or ringing the office on 01245 268303.



The Gateway Dancers dazzle at the Boswell's Show

The Gateway Dancers have always appeared in the two Boswell dance shows, one in April and one in July. For the Boswell's Community Show, however, the dance group had to be split in two for the first time, to have enough room to perform on stage! Thankfully the show runs over two nights, giving each group the chance to perform both dances to a very appreciative audience.

The Gateway Dance Group has now grown to 39 regular members, who are taught by Jean Hunter and assisted by several willing volunteers. They rehearse every Monday from 7.00 – 8.00 pm in the dance studio at Boswell's School. For more information contact claire.lucas@yahoo.co.uk.



Volunteers Wanted

Chelmsford Mencap is always looking for new volunteers to help run our clubs and activities. With our plans for expansion, the need for helpers is even greater, and we would love to hear from you if you feel you could spare some time. In particular we are looking for:

- Volunteers who have a skill such as pottery, arts and crafts, sports, relaxation techniques etc, that they would be willing to teach for a one or two hour slot between 10am and 12 noon once a month.
- Volunteers to assist the children

aged 3-18 years with learning difficulties with in-house activities and outings to help them achieve a greater level of independence. These are needed during the Easter, Summer and Christmas holidays and can be school children over the age of 13 years and experienced Support Workers who are working towards an NVQ Level 2 qualified in childcare.

- Volunteers to assist adults over the age of 19 years with learning difficulties with in-house activities and outings during the Easter, Summer and Christmas holidays for both students ideally over the age of

18 years and experienced Support Workers.

- Volunteers to support our members aged 16 and over in the various term time clubs we run.
- Volunteers to help with the day to day running of Mencap Hall, including reception duties, fundraising and supervision of the drop in facilities.

For more information or to request an application form, contact us on **01245 268303** or email volunteers@chelmsfordmencap.org.uk

Celebrating our young volunteers



Without the continuing support of our young volunteers the clubs run by Chelmsford Mencap wouldn't be able to exist. We are very grateful to have the opportunity to show our appreciation for their hard work by awarding a prestigious Jack Petchey Award to five of our volunteers each year.

The recipients get chosen by the club they volunteer for, and their certificate, together with a cheque for £200 to be spent within that club, is presented to them. Every year, however, all the region's Jack Petchey winners are invited to a special Award

Evening, which in our case takes place in the Civic Theatre in Chelmsford, where they are presented, usually by a well known public person, with a special medal and have their official photo taken.

Here are the Chelmsford Mencap Jack Petchey Award Winners 2010, together with Paralympian Danny Craig who presented them with their medals. In the photos are: (1) Chris Easton, (2) Bethany Smith, (3) Lawrence Harrington and (4) Heidi Johannson. The fifth award winner was Suzannah Harding, who couldn't attend the ceremony.

Gateway News

Gateway Club is held at Melbourne Park School on Thursday evenings during term time. Around 35-40 members attend each week and are supported by a fantastic team of volunteers.

Regular activities include drama, dance, art and cooking workshops, bowling, karaoke, quiz and film nights.



On 12 May, Vice-President Reg Richardson proudly presented member Peter Lunniss with the Ann Richardson memorial shield (pictured below). This is awarded to members with a Learning Disability who have made an outstanding contribution to Chelmsford Mencap over the year. Peter is always friendly and helpful and a highly valued member of the Gateway volunteer team - a very well-deserved winner!



Financial News

Chelmsford Mencap relies almost exclusively on members' fees, donations from families, friends and supporters and grants from local businesses and charities to keep our operation going. In the last three months we have received financial support from:

- Barnes Farm School
- Waitrose Billericay
- The Albert Hunt Trust
- Writtle United Reformed Church
- The Boshier-Hinton Foundation
- Donation in memory of P.M. Pollard

In addition we have raised £55 through recycling of old ink cartridges. At our recent awareness day in the Meadows volunteers collected £400, the Twist and Shout Fundraiser made £1200 for Adult Adventurers, and the Golf Day in June at Chelmsford Golf Club raised in excess of £3500. **Many thanks to everybody who has given either time or money to support Chelmsford Mencap.**

Meadows Stall

The Chelmsford Mencap Stall in the Meadows with a colourful display board, information material and merchandise.



Some of the 26 volunteers who manned the stall throughout the day and collected £400 for the charity.

Life's just a real adult adventure

Over 100 members participated in the outings and in-house activities organised by Adult Adventurers during the Easter holidays.

Days out were to the "elegant and contemporary" Ivory Rooms in Billericay for a very nice lunch, followed by a private tour of Coalhouse Fort in East Tilbury. Volunteers at the Fort did us proud and made it a really fun and interesting trip. The RAF museum in Hendon was fascinating with its aircraft displays, Battle of Britain museum, London in the Blitz exhibition, 4D cinema and the large aeronautics interactive centre. Our final trip out, on a brilliantly sunny day, was to the Hop Farm in Kent. This is packed full of attractions including free dray rides, a circus performance, Magic Factory, free carousel rides, the history of hops and a bygone village, a waxworks exhibition and much more besides.

In-house activities at the college were a film double-bill with lunch; an arts and crafts workshop and a talent contest. Members also went bowling and enjoyed swimming and multi-sports at Riverside.

The Twist and Shout fundraiser on 22 April was a fantastic success. We were delighted to raise over £1200 on the night. Special thanks go to Sue Adams; Denise and Steve Rowden; and Amanda and Roy Owens who all made generous



donations in support of Adult Adventurers.

Adult Adventurers Summer Programme starts on Monday July 25th with a

Drama Workshop at St Giles and finishes on Friday 19th August with a trip to Pleasurewood Hills theme park. If you haven't booked your place yet for one of the activities and want to know

if there are spaces available, contact Mark and Jackie Holland on 01277 625530 or e mail AdultAdventurers@dsl.pipex.com

First season success for Outreach Academy

The Outreach Academy is a club set up for our adult members to enjoy themselves, communicate, play games and generally socialise with each other and our army of volunteers.

The Outreach Academy is nearing the end of its first season. It operates during term time twice a week on Tuesday and Thursday mornings. So far, we have managed to keep the cost to the minimum of £5.00 a session. The club has been very well attended by members, personal assistants and volunteers alike. Where possible we can arrange transport.

The course content was devised after an initial questionnaire to our members and



Craft project examples

we have tried to comply with most of the requests. Subjects such as Pottery, Art & Craft, Confidence Building, Keep Fit, Mobile Gym & First Aid have all been on the curriculum. Weather permitting, we organise trips out and these have so far included picnics at Heybridge Lock and Hylands Park.

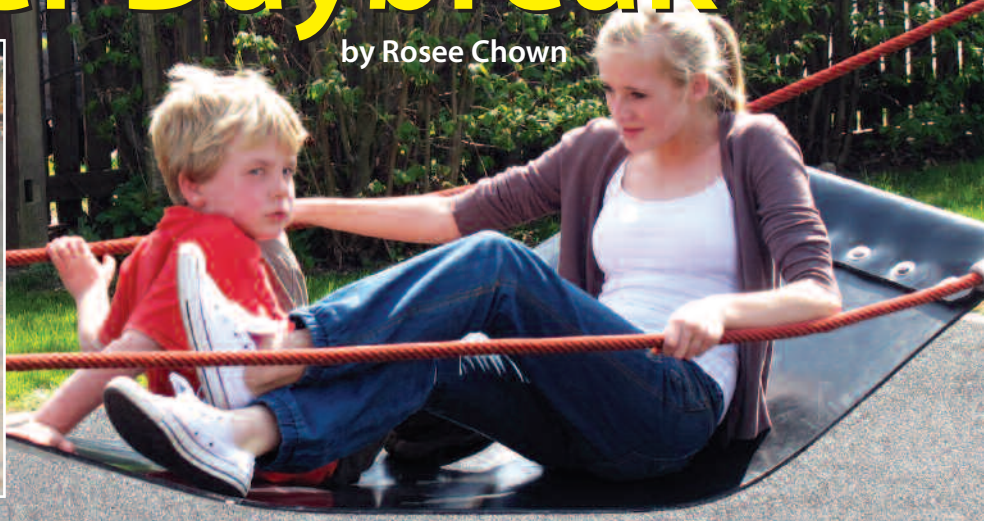
In addition to the above The Outreach Academy also regularly organises stalls selling cakes and products that the members have made. In April we made over £200 in Chelmsford High Street and would like to thank all the volunteers that helped out on the day especially Lianne Nice, Al Stammers and Rosemary Castleton.

From October we hope to run the club five mornings a week from our new premises in Mencap Hall. We are putting together an exciting programme of activities and are looking for new members to join.

by Yvonne Chandler

Easter Daybreak

by Rosee Chown



Wow! - two jam-packed weeks of fun-filled frenzy!

The 3-10 year olds crashed onto the scheme at a rate of knots and filled the days with their energy right up until 3.30pm. By the end of each day, everybody was covered in paint, glue, sand, chocolate and feathers! The 11-18 year olds were only slightly less energetic (it is not "cool" to be too enthusiastic!) but still crammed each day with fun, very loud music and tonnes of laughter!

Our theme for the two weeks was The Lion King, which, if the children didn't know before they started, they were experts in by the end! We started each day by watching the films, singing along to the music and creating beautiful drawings and paintings of the various characters.

Clay Cottage, an art company, came along to help make animal masks and shields with the children, which they all thoroughly enjoyed, parading them up and down the room ensuring everybody saw how spectacular the creations were! We followed on the theme the next week by designing t-shirts to go with the shields. The older children particularly enjoyed this, making special t-shirts for some of the younger ones,

“ ... everyone had a wonderful, rewarding time ... ”

ensuring each personality was incorporated into the designs. We definitely have a few young fashion designers of the future...watch this space!

The children had a fantastic time learning three dance routines during the two weeks with help from The Mushroom Theatre Company. Using the songs from The Lion King, the children followed the steps to create a spectacular routine of African themed dance, which they all thoroughly enjoyed. They got to dress up in stunning costumes and helped create a wonderful artwork background ready for the performance of a lifetime at the end of the two weeks!

The children also had a drum workshop where they learnt African rhythms and played brilliant games to develop their musical ability. The older children's session over ran as they had so much fun inventing new and whacky beats to pass around the circle!

The two weeks flew by with all these activities but we still had plenty of

time for cooking up a storm making Easter cakes, constructing and creating beautiful African pictures, fun in the sun with outdoor sporting activities and bouncing on the trampoline and developing new and rewarding friendships with each other. A daytrip to Colchester Zoo gave the children the opportunity to learn more about the wonderful African animals featured in The Lion King. A magical day was had by all.

The week culminated with a jaw dropping, west-end style performance, of all that had been learnt from the past 2 weeks. Our show went down a storm and got rave reviews. The children got the opportunity to show off their dancing skills and their stunning artwork was on show for all to see. All were very proud of what they had achieved and there was not a dry eye in the house as they marched in one by one, wearing their hand made t-shirts and African shields with beaming smiles on their faces.

The children and adults alike, worked so very hard this Daybreak and it was worth every second. Everybody had a wonderful, rewarding time, nobody can wait until the summer to see what antics, and excitement there is to come!

