

For inclusion in Autumn Newsletter

Dear Member/Carer/Supporters,

How quickly summer has been and gone! It only seems like yesterday that we were writing about the temperatures being the highest since 1976 and now there are some evenings when we have to put the heating on! A sign that autumn is here and winter is not too far away.

Saffron Walden Mencap, along with the weekly Side by Side Club and your Committee, has been busy through the summer as you will see from our update below.

1. On Saturday 8th July 2017 Saffron Walden Mencap took part in the Carnival by decorating a float and being part of the procession. The theme was television programmes and we decided Fawlty Towers would be our chosen programme. Some Mencap Members took part on the day and dressed up and played different roles including Charis as Sybil, Tristan as Basil, Margaret, Julie and Gaynor as 'diners' and who can forget Richard as Manuel (not forgetting the 'rat' in the biscuit tin!!). Patrick D was made for the part of Major and Jane was Polly (least said!!). Thank you to the great people who walked alongside the float catching the money in buckets and encouraging the crowd. Everyone did amazingly well and we all had a great time. The weather was perfect and we feel Saffron Walden Mencap was 'put on the map'.

The float and all the props were made possible by lots of hours of hard work undertaken by many people who gave their time so generously and we would like to say **a big thank you** to them:-Especially to Chris Ropkins (Chief Builder); John Mumford (Chief constructor); Sue Butler (Designer and Painter); Ellie Butler and Alex Norman (assistant painters); Barbara James-Gillespie (Painter); Nick Reynolds (Tractor driver); Nick Eldred (construction); Chris Sandy (Financial backer); Steve Graves (use of his trailer); Gerard Walbanke (paint supplier); Judith and Benedict Hannam (for the Moose!).

We would also like to thank John Barker for loaning his barn to us while the float was prepared. We have yet to hear from the Carnival Committee as to how much money we will receive. We are now looking forward to the next Saffron Walden Carnival in 3 years!!

2. On Saturday 15th July 2017 we took part in the **Family Fun Day**. We filled a car with blown up balloons and asked the public to 'Guess how many balloons are in the Car. Weather wise, it was not such a good day as the previous week but the rain did not dampen any of the helpers' spirits. Thank you to all those people who took a turn to man the stall and particularly to Patrick D who sourced the vehicle and for getting everyone together to blow up the balloons!!

3. In the evening of Saturday 8th July 2017 at Swards End Village Hall we had a great Summer Disco. We rounded off the Carnival Day with delicious food and great music. Thank you to Jean Sewell for organising everything so well.

4. On Saturday 12th August 2017 at St Marks College we had our Summer BBQ. We had a really good turn out and it was a great night of music, dancing and delicious BBQ'd food which everyone enjoyed. Again, thank you Jean for your hard work and effort.

5. Canalability Boat trips – Following the success of our first boat trip in June another group of 12 people made up of Mencap Members, Committee Members and Carers went on the 1st July 2017 on a Canal Boat trip on a section of the River Stort starting from Harlow. It was another successful day with Members getting the chance to steer the boat and help with the locks under the expert eye of the Canalability crew. Again, thank you to everyone who helped on the day and with transport. As everyone said how much they enjoyed the day, look out for dates next year. Thanks to Patrick B for coordinating the trip, which could now become a regular event.

6. On 10th September 2017, Paul Bailey ran the **Simply Health Great North Run** (a half Marathon @ 13.1 miles), on behalf of Saffron Walden Mencap's Side by Side Club. Paul was happy with his time of just under two hours. Currently, sponsorship monies are coming in and we will announce the final figure in the next Newsletter. Thank you Paul and well done on a great achievement.

7. Saffron Walden Street Collection Saturday 23rd September 2017.

Thanks to Daphne Cornell, Jennifer Capper, Gerard and Maureen Walbanke; Clare Thompson; Ellie Parry; Nick and Carol Eldred; Barbara James Gillespie; Jane and Patrick Bailey; Beryl Pettite and Tristan Boaler-Hysett; Dave Powell; Trish Cobby; Steve Lee, Wendy Cole and Amanda; Janice Snell; Elizabeth Tindley and Barney Barnes.

They all helped collect about **£600** (still counting at time of writing!)

Future Events

8. Halloween Disco 21st October 2017 at Swards End Village Hall 3.00 p.m. – 6.30 p.m. Come along and join in the fun and if you would like to dress up – better still! Should be a great afternoon of good music, food and fun.

9. Saffron Walden Mencap **AGM Monday 20th November** 2017 Salvation Army Hall 7.30 p.m. Please come along. Your views and opinions are really important to us and will be welcomed.

10. Cake Stall outside Boots – 9th December 2017. People have been very generous in the past by making some delicious cakes so, please help support us by making a cake of any kind. Contact Jane if you can bake or help sell (01799 540700)

11. Grand Christmas Draw – Patrick Bailey has agreed to be our Promoter and along with Jane is organising this event. We will be having three great main prizes and 'other' smaller prizes. Tickets will be £1.00 each, £5.00 for a book of 5. Barbara James Gillespie has also agreed to help. We are hoping that Committee members will help in the sale of tickets. The Draw will take place on the **13th December 2017** at the last Side by Side Club meeting/party at the **Temeraire**, before the two week closure for Christmas.

12. Pantomime Saffron Walden Town Hall – early January 2018 – We have no details at the time of writing but if there is a Town Pantomime, as there was last year, we hope to secure tickets. We will keep you notified.

13. Quiz Night 24th March 2018 Saffron Walden Town Hall – our last Quiz Night was a great success and we expect this one to be the same or better!! Please put the date in your diary. Tickets will be £10.00 and include a Fish and Chip supper to be served, again by the Diamond Group.

14. Side by Side Club

Steve Lee is our new Side by Side Club Leader following on from his success as Deputy. The Side by Side Club meets every Wednesday from 7.00 p.m. to 9.00 p.m. at the Salvation Army Hall, Abbey Lane, Saffron Walden CB10 1AG. Leader's mobile is:- 07742989418

Saffron Walden Mencap's **Side by Side Club** would welcome Volunteers who would like to help support the Club on a Wednesday evening from 7.00 p.m. to 9.00 p.m. or perhaps you could help by providing transport for our members to and from the Club. Patrick Draper and Jane Bailey look forward to hearing from you.

If you are unable to help on a weekly basis, perhaps you might like to get involved with Saffron Walden Mencap more generally – helping at our regular Discos or with any of the other activities we organise. Please contact Jane or Patrick.

15. Older Carers Group – This group of parents with sons and daughters living at home meet once a month. They discuss issues and provide support for each other. If you are interested in coming along, please contact Jean Sewell on 01371 871637.

It would be great to have pictures and/or news from any Mencap events to include in the next newsletter. Please send or give anything you would think others would like to read about to Patrick Draper (patrickdraper@btinternet.com) or Jane Bailey (pkbailey1@btinternet.com) or Steve Lee at the Side by Side Club.

Best wishes

Patrick Draper (Chair of SW Mencap 01799 521598 or 07974306917)
K. Jane Bailey (Secretary of SW Mencap 01799 540700)

Saffron Walden Mencap Committee

Bailey	Jane	01799 540700	Secretary
Bailey	Patrick	01799 540700	Membership Sec
Capper	Jennifer	01799 523805	
Collis	Katherine	07759157620	
Cornell	Daphne	01799 527197	
Draper	Patrick	01799 521598 07974306917	Chairman
Lucas	Jacquie	01799 516321	
Ropkins	Hannah	01371 870431	
Sewell	Jean	01371 871637	Treasurer
Stratton	Tina	01799 599404	
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