

new message

July-August 2009

Issue 1

all change!

Welcome to our new bi-monthly newsletter! This publication will give you news of forthcoming events and report on those passed, as well as any other news. In addition to this we will also produce a small magazine twice a year - see page 2 for our competition! Our new look newsletter has been made possible by our new editor Tracy Shave.

"I have been producing newsletters since I was 10 years old - literally cutting and pasting - when I set up a care bear club. That was 25 years ago!" says Tracy. She has had plenty of experience since both in the private and third sector (including Involving Essex as a PR and Communication Lead) and has also instigated many awareness campaigns such as Make it Mental and most recently a local campaign for World Autism Awareness Day - you may have seen her in the paper with her son, Jamie, who has Autistic Spectrum Disorder and ADHD. Tracy is kindly working for us as a Volunteer to help promote awareness of our charity and all the services we offer.

Sam Barnett, CEO



Photo courtesy of Essex Chronicle by Anthony Channer

Front (l-r), David Crisp and Marie Farmer, behind (l-r). Leah Clark-Harris, David Jarvis, Justin Gorman, Dean Barber, Joe Farmer, Sam Barnett and Peter Turrall.

Chelmsford Mencap Awareness Campaign

High Chelmer Shopping Centre kindly donated a shop to us for a week during Learning Disability week; also Mencap Awareness week. The beginning of the week (1st June) saw the launch of our new brochure for our Mencap awareness campaign at our buffet and wine gathering. The launch was a major success and Royal Mencap's Chairman Brian Baldock CBE was able to attend to show us his support. We were pleased to have articles published in both the Essex Chronicle and Weekly News which has since led to the Chelmsford Mencap Helpline practically ringing off the hook!

We saw many members popping in to say hello which was lovely and we are very thankful to all the volunteers that came along during the week to help out (especially Rose Castleton and Leah and Stuart Clark-Harris).

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From Page 1!

Thanks to the sales of membership, event tickets, bric-a-brac and merchandise we raised over £320 in profit from the week!

Being in the shop gave us the opportunity to talk to lots of people and it was interesting to hear others perception of what we do here at Chelmsford Mencap. Generally it was unclear to the general public just how many disabilities we cover, with many thinking we only took those with Downs Syndrome. It made us realise that more awareness is needed in this area so we can get the message to people that we support people with a wide variety of disabilities and it's something our Executive Committee will be working on in the coming months.



Competition!

You decide

We will be launching our new magazine in Autumn and we thought, as it's your magazine, that we'd give you the chance to name it and be part of it right from the start. Come up with a new name, send it in and the winner will get a gift voucher worth £10-£20 plus you'll get to see it on each issue!

We'd also like to hear from any members who have been on day trips and outings during the summer holidays! Write about your experience, not forgetting to take some pictures, and send them in. This is your magazine and we can't do it without you. Send entries in to the address on the back page!

NEW WEBSITE!

Thank you to Jon Wade for answering my plea for a new website! He has saved us over £24,000 which was the quote I was given last year. All the pages are updated regularly and you could find information there that's not found in the newsletter or our Facebook group so it's worth checking. Take a look and let us know what you think! www.chelmsfordmencap.org.uk



Co-Op Community Card Update

Well done shoppers our stars are gradually increasing each quarter and the last statement shows that we earned **£175.16**. To help raise funds by shopping in Chelmsford Star all you need is a card! To get yours please email chelmsfordmencap@blueyonder.co.uk or request one in writing.



One step further

Flying High!

Chelmsford Mencap are always very grateful to anyone who raises money for us and this issue we would like to Thank Malcolm Lees and Chris Button for jumping out of a plane! The dynamic duo raised well over £1,000 by parachuting on the 25th of April. Well done guys! They would like to thank everyone who sponsored them!

Mencap Champion Organises River Walk

Thank you also to our Mencap Champion Sarah Maltby from

EBM-Papst who organised a sponsored River Walk for us and raised over £200 on the 17th May. Sarah also kindly made our Mile of Pennies collection stand which we have proudly been displaying at our fundraising events. Anybody wishing to donate their pennies can do so at any of our events or by dropping them off at one of our clubs during the week. Don't forget to take a photo and send it in if you take part in any fundraising. If you would like to raise money but don't know how - get in touch and we'll help you.



Photos: Roger Hales



Free Haircuts for Carers



Treat yourself! What better way to spend some time on your own at the hair salon? (apart from on the sofa eating chocolate!) Thanks to a grant received from Essex County Council we

have been busy giving away free haircut vouchers (**worth £25!**) for the prestigious U Hair Studio based at 41-45 New London Road, Chelmsford. We still have plenty of vouchers left so please write to Sam Barnett requesting a voucher advising her of the member's name you care for. **This offer is open to both male and female carers.**

HELP LINE 01245 268303

Calls to the Help Line number have been steadily increasing and Sam our CEO is aware that some people have had trouble in getting through. Please be aware that the Charities Office is run from Sam's home address and is manned between **9am-3pm Monday to Friday only** and regrettably has to be frequently left unmanned when Sam needs to attend business meetings and events etc. If you have trouble in obtaining a response please be patient or alternatively email the office on **chelmsfordmencap@blueyonder.co.uk** or visit **www.chelmsfordmencap.org.uk** where you may find the answers to your questions, thank you.

Free admission for carers!

If you go to the cinema a lot - especially with the 6 weeks holiday coming up - you might like to know that you can apply for a CEA card. The Cinema Exhibitors Association charge just £5.50 which will make it really easy to get a carer ticket each time you go. You have to send proof of DLA with the form and a photo! **www.ceacard.co.uk**.





A message from Our President

I attended and gave the tribute on behalf of Chelmsford Mencap at the Memorial Service for Ann Richardson, the daughter of Vice President Reg Richardson. Ann died in early May whilst attending the Centre at Ravensbourne Drive. Unfortunately Ann had not been in the best of health for well over a year but she died peacefully. We send our condolences to Reg and his family; including Lily: Ann's faithful companion.

The Mayor of Chelmsford's Charity Year has ended with a very welcome cheque for £10,355.00, presented to us at a Ceremony in early May in the Mayor's Parlour at The Civic Centre, together with the Mayors Year other charity The Samaritans who received a similar amount.

It has been a busy year for many of us, especially Sam Barnett, our CEO, and Joe Farmer, our Fundraising Manager, but, as ever, we coped. Keep up the hard work. We now need to concentrate on activities specifically attributed to Chelmsford Mencap.

We now have some additional Committee members and volunteers. Welcome to you all. I am confident these changes will lead our charity to a positive future. There is still a lot of work to be done and we really do need your help. Don't let the task fall to the same people on every event — a change is as good as a rest and I know some of the people who are always active with the Charity deserve a well earned break.

Meanwhile, enjoy yourselves and have a lovely Summer.

Peter A.T. Turrall MBE President

Make Over for Gateway Kidz Club



The Gateway Kidz Club has received a make-over and has now been amalgamated with our Daybreak Scheme for the ease of completing grant applications. The Club is now being lead by Charlotte Milverton and Nikki Huckstepp and the full itinerary of the clubs sessions can be found on our Latest News and Events page our web site. A big thank you goes to Jane Inman and Karrienne Tyrie for all the hard work they put into making the club a success.

A BREEZE!

By Tracy Shave

I'd like to say a BIG "Thank you!" to Meadows Shopmobility for giving me the most stress free shopping experience - ever! My son has Attention Deficit Hyperactivity Disorder and Austistic Spectrum Disorder and going shopping is often a bit of a nightmare. Then I discovered Shopmobility! These little cabs are great because Jamie doesn't get bored, run off or demand the route of our trip. It cost me £2 for the whole day and we had a fun day! They also hire out pushchairs and prams, wheelchairs etc so that you can leave your boot free for all those bags of toys!



Only one problem - my son only just fits in as he's 6. We could do with a special needs version and a special needs buggy please. Shopmobility is situated in The Meadows car park near the cinema on the ground floor.

Send in your reviews!

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