

Spring Newsletter 2024



75th Anniversary celebration event



Wellbeing therapy ponies



Easter raffle success

Members Committee

Thanet



Pat

Housing



Natasha

Margate Hub



Amy

Margate Hub
and Community



David

Ramsgate Hub



Natalie

Ramsgate Hub

Herne Bay



Ellie

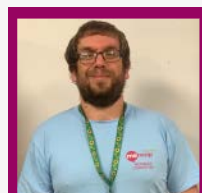
Hub



Paul

Housing and
Community

Swale



Ian

Hub

Deal



Stephen

Housing

GOLD



Ben



If you have something to share get in touch with a committee member or email memberscommittee@eastkentmencap.co.uk

Join the Spring Forward Challenge



Take up a challenge of your choice from baking to exercise and be part of our annual fundraiser

Be inspired with our fundraising kits for £3

If you would like a kit please ask your key worker or email funds@eastkentmencap.co.uk



Every penny raised goes towards resources at our services

It starts now and runs until the end of May

Go to www.eastkentmencap.co.uk for more details

Thank you for your support

Hello from our CEO Jason Gerlack



Welcome to the Spring Newsletter

Spring is here and its been a busy start to the year



Our 75 anniversary has come to an end and we had a fantastic year of celebrations

In March we held a celebration event and the Mayor of Ramsgate planted a tree to mark this achievement in our Ramsgate Hub garden

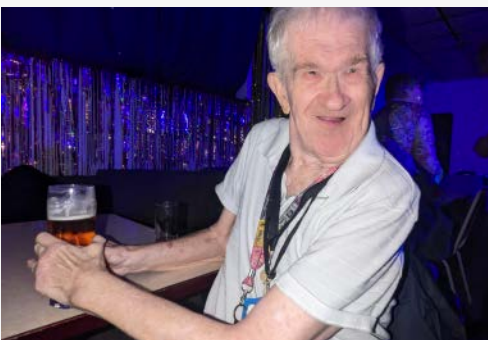


Karen and I visited all the East Kent Mencap sites to review progress and to build new budgets and plans to maintain high standards



It was great to hear that more of you are now involved as Experts by Experience to deliver student nurse training at Canterbury Christ Church University

This important work gives students an important insight into what matters to you



There are lots of events coming up so take a look at the save the date page at the end of the newsletter

I look forward to seeing many of you at our Activity Day on Wednesday 12 June at West Faversham Community Centre

Best wishes
Jason

Members Committee News



Pat said that she enjoyed taking part in the student nurse training at Canterbury Christ Church University and being an Expert by Experience with the other tenants and members from Herne Bay Hub and GOLD



David said that the Gateway Club at Ramsgate Hub every Monday at 6.30pm is great fun and encouraged everyone to come along

Thank you to Councillor Raushan Ara for her donation to support the Gateway Club

Please contact Angie Hughes if you would like to attend the club



Natalie asked everyone to support the Spring Forward Challenge

Natalie said I am excited to take part and will be walking 39 steps without my walker



Ben said that GOLD has a fantastic new kitchen thanks to funding from Belive and Ramsgate Town Council and St Johns Thanet Lodge so that the group can cook more low cost meals



Amy said we are still working on the recycling at the Margate Hub with the help of Support Workers



Natasha said the Easter Fun Day at Margate Hub was a brilliant success and raised £111.25p

Everyone really enjoyed the Arabian dancing!

News



Natalie said that the Ramsgate Hub drama group is putting on a Fashion Show and Preloved Clothes Sale at Holy Trinity Church in Margate on Tuesday 20 August and they need good quality clothes for men and women

If you can donate clothes please email funds@eastkentmencap.co.uk to arrange delivery at one of our Hubs



A huge thank you to Mark and his mum for raising £120 for resources at the Swale Hub with their Easter raffle

If you would like to raise money for East Kent Mencap speak with your key worker or Jane Brooke in fundraising



Herne Bay Hub held a Valentines Day Breakfast event

Family friends and Councillor Dan Watkins came and saw the great activities available at the Hub



Swale Hub joined with Sheppey College and their Health and Social Care students to gain a better understanding of people with a learning disability

There was a presentation and an activities morning where they got to know each other



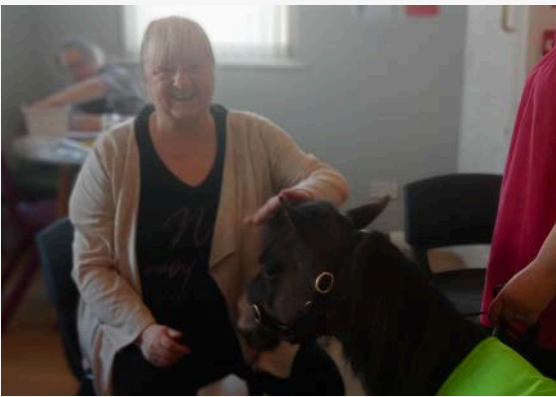
Complex Needs Hub gave thank you cards on Random Acts of Kindness Day to local businesses that make them feel welcome

News



We are excited to share that we are supporting Unite Ashford nightclub events going forward and will be joining forces for our discos

The first one is on Friday 26 April at St Simons Hall Brookfield Road Ashford and tickets are £5 and you can pay on the door from 7pm



Therapy ponies Spud and George came to the Herne Bay Hub during the wellbeing session

Tina said the ponies were really friendly and nice to stroke

Lesley said I loved them and they were soft and nice to brush



Ian has moved into supported living

Ian said it has been a big change and the housing team and tenants have supported me and I am feeling happy



GOLD and the Complex Needs Hub went to the Tea Time Social for an afternoon of singing and dancing organised by Margate Pride

Neil said the best bit was the singing and I knew some of the songs so I could sing along



Jan Reid from the Kent Community Health NHS Foundation Trust gave a talk at the Margate Hub to promote healthy living

The group took part in a quiz to find out how much sugar was in each drink

News and save the date



After a successful nomination by Swale Hub a new bin lorry has been named after Ryan as he loves them

Ryan is known as Mr Matey as he is a good friend so this was the perfect name for the bin lorry

Thank you Swale Borough Council and Suez for making this happen



AnnMarie said thank you Dunelm Broadstairs for the picture clock and lampshade to make our lounge more cosy and welcoming

It is so lovely to have new things and they are going to look great



70 people came to the Red Arrow Valentines disco in Ramsgate

Ros and Kim said it was lovely to see familiar faces have fun and dance together

The next Red Arrow disco is on Friday 14 June at 7pm and tickets will be available from Wednesday 1 May speak with Fiona Wonford



The Activity Day is on Wednesday 12 June from 10am to 3pm at West Faversham Community Centre

Talk to your key worker for details



Come to the Fashion Show and Preloved Clothes Sale on Tuesday 20 August at Holy Trinity Church in Margate and more details will follow soon




Join us at the Unite discos on 26 April 24 May and 28 June at St Simons Hall Brookfield Road Ashford from 7pm to 10pm and tickets are £5

Spring Photo gallery



Get in touch

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