

News

Summer Playscheme

Bedford Mencap are gearing up for the summer Playscheme for the first 3 weeks of the school summer holiday. It's open to children with a learning disability aged between 4 and 18, and if your child attends St Johns, Grange or Ridgway schools then they should have brought information home to you. If not, or if your child attends another school and you want to learn more, then please contact Louise on 01234 312967 (after 5.00pm) or Mike on 01234 781254.



- Volunteer drivers are needed for the playscheme from 25rd July to 10th August, you can do some or all of the three weeks. Drivers must have a D1 on their licence. Please contact Louise or Mike.

Family Hub

70 years ago, Judy Fryd reached out to fellow parents of children with a learning disability to share her anger and frustration at the lack of support and provision available to people in her situation. From this simple act, Mencap was born. To celebrate this 70th anniversary, and in honour of Judy, National Mencap has launched a new online community for parents of children with a learning disability – parents, like Judy, who are seeking advice and support from others like them. FamilyHub is a community to share your experiences, triumphs and challenges, so join the conversation at



www.mencap.org.uk/familyhub

AGM

Our Annual General Meeting will take place on Tuesday 2nd May 2017 at St Johns School, Bedford Road, Kempston MK42 8AA from 7.30pm. We invite you to share in light refreshments and a drink. An opportunity to get to know your committee members, to network with each other and to make new friends. Hope you can make it!



Join the Fundraising Bonanza!



This new fundraising initiative is now up and running, and several people have already won the weekly £30 prize. Briefly, this is how it works. You pay Bedford Mencap £5 per month by standing order and are then in with a chance of winning £30 every week. The winning number is the Bonus Ball in Wednesday's Lotto Draw.

There are still some numbers available so if you want to be in with a chance of winning then please ring Mike Bonney on 01234 781254 or email him at mbonney@hotmail.co.uk and he will guide you through the simple formalities. You can choose your lucky number if it hasn't already been allocated.

CASS Holiday Cover

Community Access Support Services Ltd



provides support for adults in Bedfordshire with mild to moderate learning disabilities and difficulties. We are looking for experienced, enthusiastic and committed individual Support Assistants to provide one to one community support during the Easter and/or Summer holidays 2017.

- You must be a car driver with your own car
 - You must have access to the internet and email.
- No personal care or administering medication involved. Applications welcome from both males and females. Excellent rates of pay and a flexible working pattern
- For further information and an application form please email info@casswellbeing.co.uk

Activities

Coffee Mornings



If you have a child with Special Educational Needs or Disabilities in Bedford Borough and you would like to know more about our Parent Carer Forum and meet other parents in a similar situation please come along and join us at the Child Development Centre, Hill Rise, Kempston, MK42 7EB.

- 8th May 10am - 12pm, Jo Drew (Speech & Language)
- 5th June 10.00am - 12.00pm, Wheelchair Services
- 3rd July 10.00am - 12.00pm, Diane Boyd (SEND Team).

Our ethos is to 'Empower Parents' with the information and direction they need when navigating the minefield of the 'Special Needs World'.

Call 07943 524553, email communications@bbpcf.org.uk or visit www.bbpcf.org.uk

Bedfordshire Games

- Tuesday, 4th July 2017. Sporting opportunities for adults with learning disabilities. Please put the date in your diaries.



The 2016 Bedfordshire Games took place on Tuesday, 5th July, at Bedford International Athletics Stadium. Over 300 competitors from across Bedfordshire took part in a variety of track and field events – a total of 77 events, which meant that a lot of medals were awarded! It was, as always, a wonderful day with the athletes giving some inspiring performances. Bedfordshire On Sunday wrote 'gold medals and a stadium full of smiles; it can only be the annual Bedfordshire Games'! Guests, old and new to the event, came to watch, be impressed and award the medals. Silsoe Horticultural Centre received the award for the team that demonstrated outstanding sportsmanship and Christian Walters from Cordova House the award for individual excellence and achievement.

The fact that the event is able to take place each year is due to the generosity of the many friends of the Games; in 2016 these included Bedford Borough No Limits project and Sports Development Team, students from Wootton Upper School, the Bedfordshire Freemasons, Bedford Lions Club and Bedford College.

● The Bedfordshire Games AGM is being held at 12.00 - 1.00pm on Monday, 24th April 2017, at Bedford Athletic Stadium. Everyone is very welcome to come and take the opportunity to meet up with fellow competitors, see photos of the 2016 event and listen to how the event is organised, for example, how much money is needed each year and how that money is spent.



Maybe you would like to help with the 2017 Games? Come and find out how! Contact Jeff Smith at jeffsmithispfostercarer@gmail.com

Weekend in Beamish

Beamish is a world famous open air museum, telling the story of life in North East England during the 1820s, 1900s and 1940s. Beamish is quite a few miles away, so we have arranged to stay in County Durham for the weekend, allowing us to visit Beamish and another local attraction or we may go for a second day to Beamish depending on what everybody wants to do. We aim to leave Bedford on Friday 7th July at 10.00am and we will return on Monday afternoon the 10th July.



The cost of the break is £225 per person. This includes admission to the attractions, bed, breakfast and evening meal. Packed lunch and money for lunch for the days we are away will need to be provided. We are limited to 26 on this trip.

Payment options are available. Please contact Sharon Hart on 01234 352899 or email sharon@bedsgardencarers.org.uk should you require any further information. Visit www.bedsgardencarers.org.uk



SPECIAL NEEDS SWIMMING CLUB

Sunday Nights

from 6.30 pm - 8.00 pm

Oasis Swimming Pool

Bedford

All Ages, Family & Friends Welcome

Admission £2 - Carers Free

Tel:

Rose - 07954 784795

Val - 07973 859940

Saturday Club Events

- Saturday April 1st
Bingo at Flutters at 1 Brereton Road.
12.00pm - 4.30pm. £25 with lunch.
- Saturday 8th April
Pub Lunch at 1 Brereton Road
11.00am - 3.30pm. £25 per person.
You must book for transport.
- Saturday 15th April
Day out with Thomas the Tank Engine
& friends. 9.30am - 5.00pm at 1
Brereton Road. Book for transport and
bring a packed lunch. £30 per person.
- Saturday 22nd April
Bird of Prey visit, 10.00am – 4.00pm.
£25 per person.
- Saturday 29th April
Bowling & Carvery, 9.30am – 3.00pm.
Book in for transport. £25 per person.
- Saturday 6th May
Steam Rally & Country Show
9.30am - 4.30pm. £25 per person
Book for transport. Bring a packed
lunch.
- Saturday 13th May
UK Scalextric Festival, 9.00am –
5.00pm. £30 per person
Book in for transport and bring a
packed lunch.
- Contact Zoe or Nick on 01234
352899 or 07795564675 or email
zoe@bedsgardencarers.org.uk



£3 Entry Fee
Carers free

 **April** 

Saturday 8th April
7:30pm-11:30pm

At Bedford
Student Union Bar
Polhill Avenue
Bedford
MK41 9EA

 **June** 

Friday 16th June
7:30pm-11:30pm

At Bedford Ath
Rugby Club
Wentworth Drive
Bedford
MK411 8QA

Membership is free, you need to be a member or be prepared to become a member. To attend an event, bring your entrance fee and your membership card or you can become a member on the night.



Living It Up



PERFORMING ARTS CENTRE



**From March 2017
we will be open 2
days a week!!
Sessions will be:**

Tuesdays

AM - Drama

PM - Dance

Thursday

AM - Music

**PM - DJing, film
editing + podcasting**

**Do you have a learning disability?
Would you like to learn to DJ or fancy
being in a band?
Are you interested in how to film and
edit videos?
Are you keen to improve your acting,
singing and dancing skills?**

**Living It Up now offer daytime
performing arts sessions at our
alternative style day centre at St
Cuthberts Hall, in Bedford on Tuesdays
and Thursdays 9.30am - 3.30pm.**

Prices start from £20 for half a day.

**If you are interested then call or email
us – details below.
Spaces are limited.**



Postal address - 44 Harpur Street, Bedford, MK40 2QT
Phone number - 07964 067443
Email - livingitupinfo@gmail.com
Website - www.livingitupevents.co.uk

Diary Dates

● **Star Club** (for adults) meets at A Different Brew (formerly The Anglers Rest) Clapham Road on Mondays, 6.30pm - 8.30pm.

Contact Sharon on 01234 352876.

● **Sparkle Club** (for adults) meets at Putnoe Primary School on Wed in term time, 7.00pm - 9.00pm.

Contact Fizz on 07825 374683.

● **Smiley Club** (for children aged from 9 to 18) meets at Pine Cones Children's Centre, off Clapham Road on Wed in term time, 7.00pm - 8.30pm.

Contact Jeff on 07798 762808.

● **Marlins swimming club** (for children & adults) at Oasis Pool, Sundays 6.30pm - 8.00pm. Contact Rose on 07954 784795 or Val on 07973 859940.

● **Beds Garden Carers** (BGC) Day care/work experience. Monday to Friday 9.00am - 4.00pm.

Contact Sharon on 01234 352876.

● **Acorn Prospects Group** at Russell Park Baptist Church on Monday evenings. Contact Ruth Heathfield on 07500 927410.

● **Faith & Light** Monthly at St Marys Church, Goldington.

Contact Father Derek Draper on 01480 384031.

● **Learning Disabilities Carers Voice** Meetings for parents/carers of adults with learning disabilities.

Contact Sue on 01908 582418.

● **Learning Disability Partnership Board** Quarterly meetings at Borough Hall, Bedford. Contact Claire Minney on 01234 228204.

● **Open House** (for adults) Wednesdays, 10.00am - 2.00pm at St Marks Church, Brickhill. Contact Church Office on 01234 342613.

● **Signpost Volunteers** Need help with allowances/benefits? Want to know how and where to get help generally?

Contact Veronica on 01234 740361.

● **Bedford Borough Parent/Carer Forum** For people caring for someone with special needs aged up to 25. Contact Val Pendall on 07943 524553 or email info@bbpcf.org.uk

● **Bedford Borough Voice Groups** Empowering people with learning disabilities. Contact 0300 456 2362.

Chair: Vanessa Wilson, 26 Franklyn Gardens, Biddenham, Bedford MK40 4QE; 01234 262966; vanessa262@btinternet.com

Hon Treasurer: Mike Bonney, 2 Lodge Close, Sharnbrook, Bedford MK44 1JS; 01234 781254; mbonney@hotmail.co.uk

Administrator: Val Pendall, 9 Arkwright Road, Milton Ernest, Bedford MK44 1SE; 01234 824988; val.pendall@btopenworld.com

The Bedford & District Society for People with Learning Disabilities, Registered Charity no 218689.

Disclaimer: Bedford Mencap takes no responsibility for the opinions expressed in this newsletter, or the accuracy of its content.

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